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THE LION
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THE
LONG ROAD

Back

1994



FOR REFERENCE

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OPENING

2

SENIORS

16

UNDERCLASSMEN AND FACULTY

26

SPORTS

50

ACADEMICS AND ORGANIZATIONS

102

SENIOR WEEK

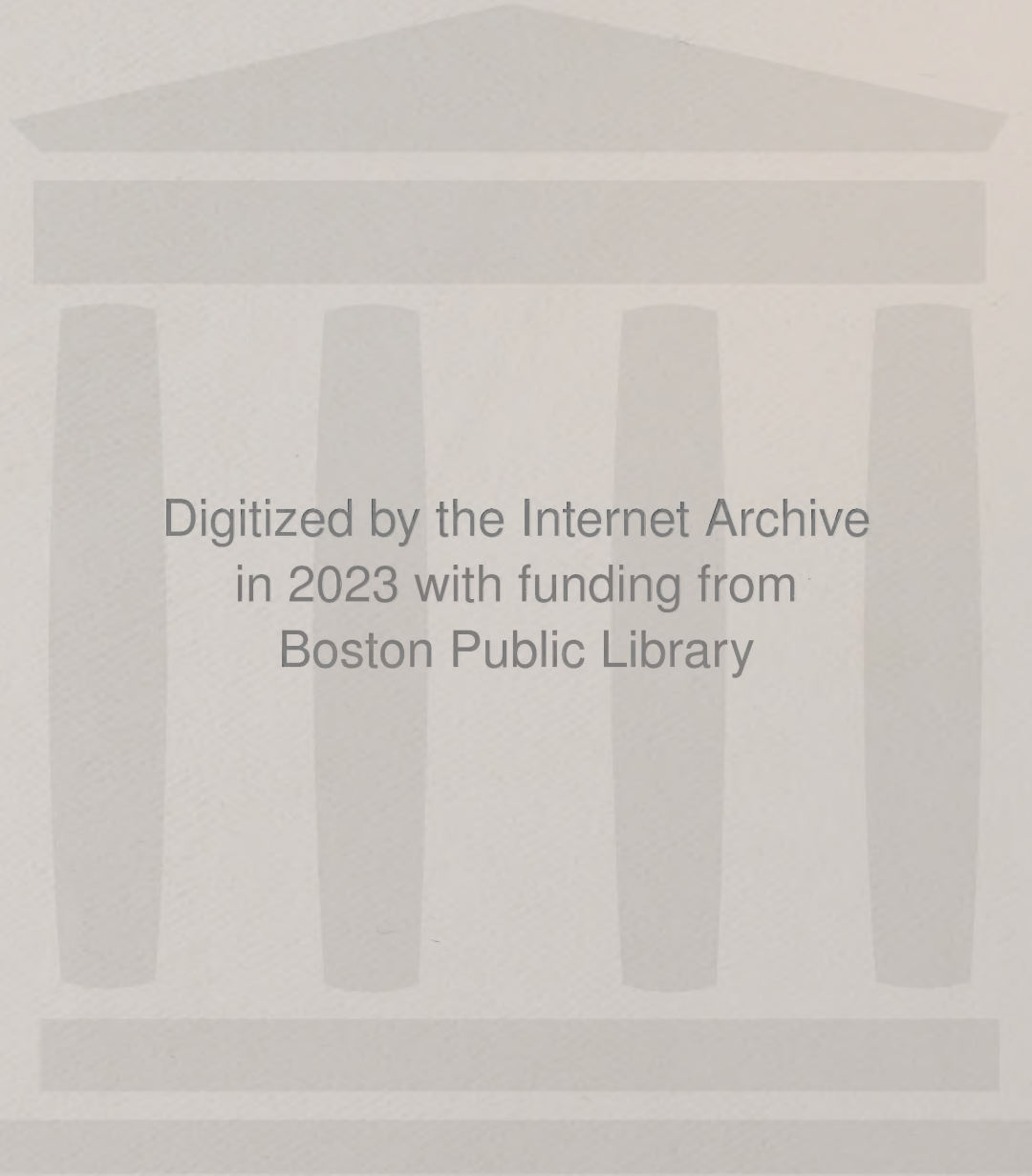
124

INDEX

138

COMMUNITY

146



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LUDLOW HIGH SCHOOL

500 Chapin Street
Ludlow, MA 01056



LONG ROAD

Back

Opening



LONG ROAD

Back

We're nearing the end of a journey — a journey that has taught us friendship, individuality, and independence. These past four years have prepared us for our next voyage into a new chapter of our lives.

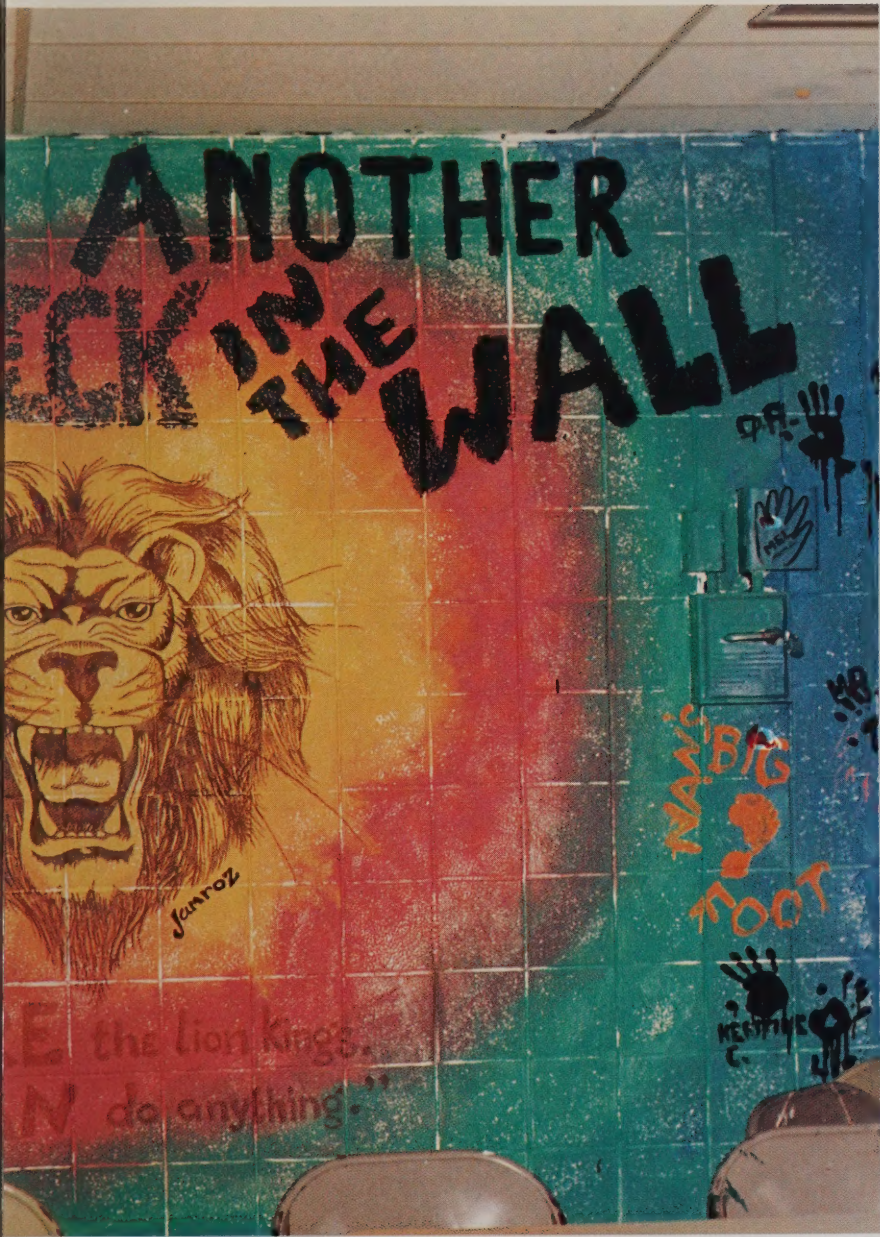
As we first crossed over the threshold of Ludlow High School, it was with feelings of excitement and fear over what the future held for us. We developed new friendships freshman year that would carry through the next four years. Our Big Brothers and Sisters also helped us make new friends and made sure that we were adjusting to our new school.

Sophomore year soon came and gave us a chance to rest. We had no major activities except for class trips. This year we found out the role we would play in the class and in the school.

By the time we were juniors we had definitely distinguished ourselves in our own unique ways. We planned the Big Brother/Big Sister Activities, Senior Assembly, and the Prom. We also discovered we had many talented individuals — from athletes and club members to musicians and scholars. All of them made significant contributions to the success and well-being of the Ludlow High School student body.

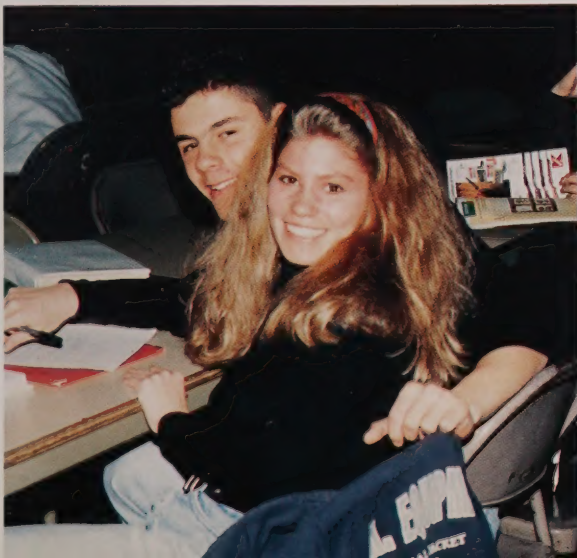


Lindsey Lamoureux and Erica Martins take a study break in the cafeteria C Block.



◀ Jessica Jamroz has her beautiful artwork displayed in the Senior Lounge.

▲ Mitch Knowles does his homework while on hall patrol early one morning.



◀ Pedro Gomes and Tina Jones smile for the camera.

◀ ◀ The band's percussion session was low in numbers this year but Cheryl Barry, Bob Maio, and Marge Armitage held everything together.



▼ Mr. Cavallo and Mr. Andreis are hard at work in Mr. Cavallo's office.



▲ Katie Chaconas takes a break from her voluntary secretarial work in the office.

► Andrea Ruest stops at her locker before going to class.

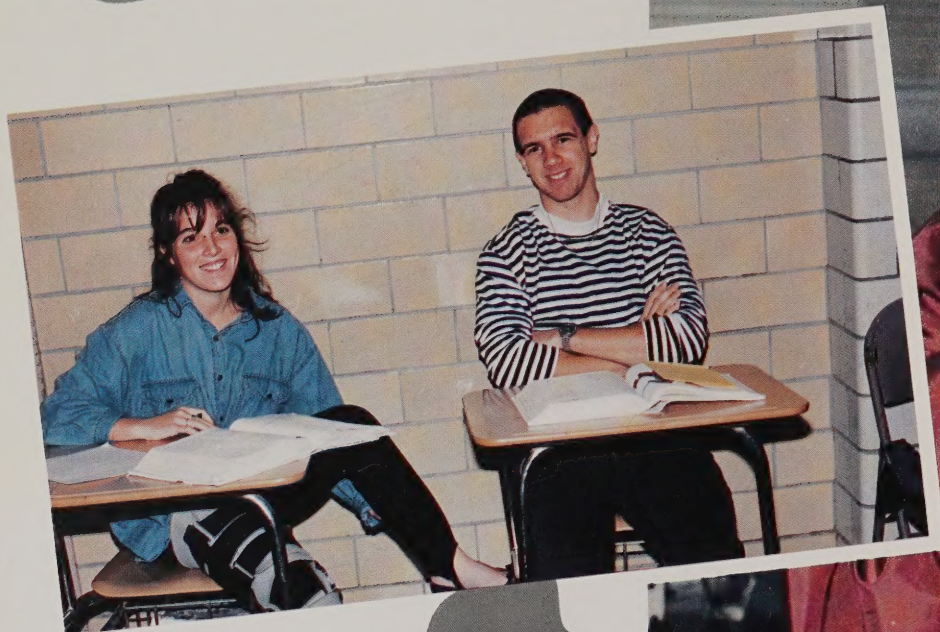




▲ Sophomore Sarah Podsadowski turns around during Mr. Lucia's U.S. history class.



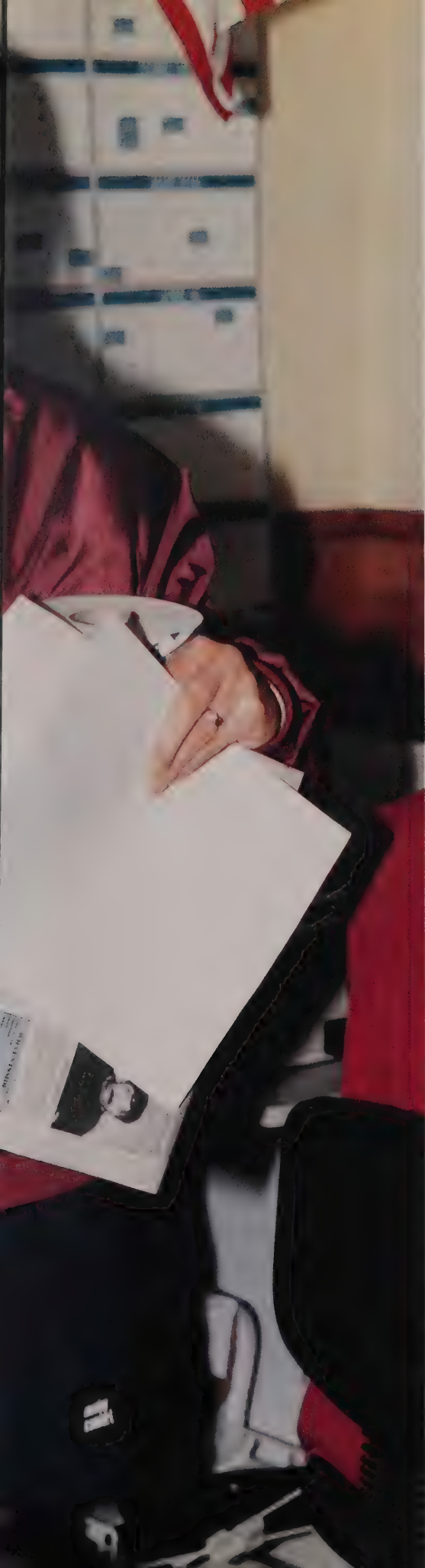
▼ Danielle Costa and David Majka demonstrate how tedious hallway patrol really is.



▲ Stephanie Salvador prepares to throw the frisbee during her physical education class.

► Mrs. Kurty uses the phone in the main office to make a call as Health Coordinator.





▲ Senior Amy Roy happily awaits the start of rehearsal for the annual Christmas concert.



▼ Senior band member Kimberly Kedziorek, attentively practices her flute music in the practice room.



TO KEEP KIDS
OFF DRUGS

FRIE
FRIENDS

DARE TO KEEP KIDS
OFF DRUGS



▲ As awful as the seniors thought the yellow walls would be, their decorative writing turned the brightness down.

► At the first annual Health Fair, held in the gym, Kathy Bamford and Kathy Drozdowski show off the bumper stickers given to them by Officer Mark Mendes.





SENIORS

LONG ROAD

Back

Suddenly it was our senior year, filled with stress, excitement, and fear about the future. Senior show, senior activities, and graduation came before we knew it. We came together as a class, putting aside grudges and giving everyone a chance. We've got many memories of the good times and bad that will last with us forever. When it was time for graduation, we realized we were able to overcome each and every challenge that had hit us unexpectedly. Together for the last time we, the Class of 1994, looked at the long road back feeling proud of our achievements and of the indelible mark we had left behind.



SENIORS

Editor in chief of *The Cub*, Cindy Chaves, is caught in the office early one morning.



Todd Warzecki walks through the halls of Ludlow High for one of the last times as a senior.



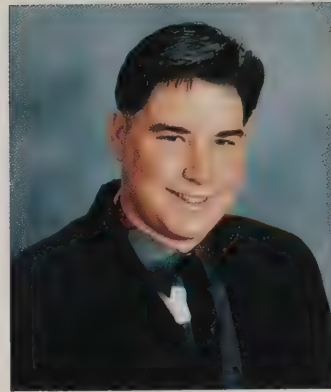
Debbie Carr and Sharon Tokarz are busily working on their layouts at the yearbook seminar.



Maria Afonso



Daniel Ahearn



Shawn Anderson



Maurice Arbelaez



Stephanie Babinski



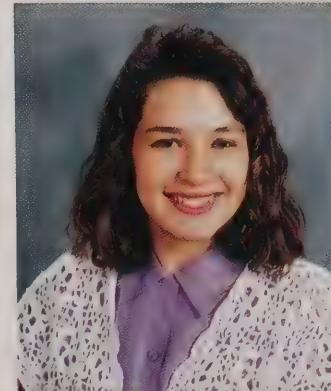
Kathleen Bamford



Jason Banas



Jeffrey Barnes



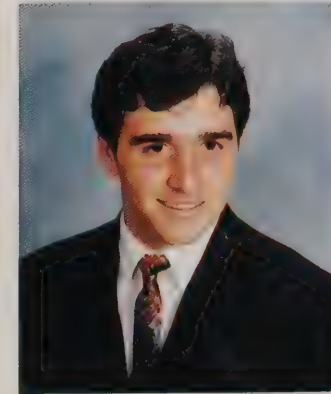
Elizabeth Barroso



Jason Barroso

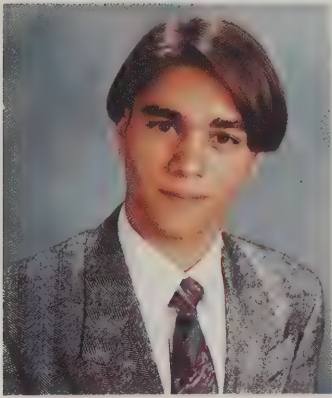


Tim Bento

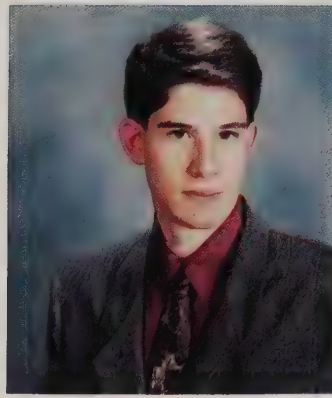


Nelson Bernardes





Paul Bertini



Ian Bissaillon



Jill Brassard



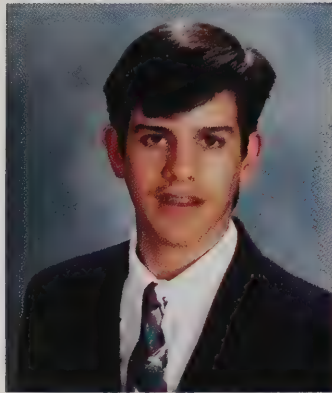
Joel Brissette



Carolyn Buckley



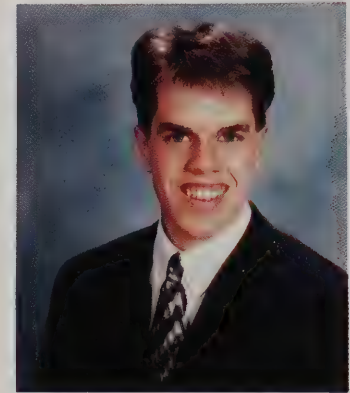
Melissa Calheno



Gabriel Canelas



Danny Canoa



Marc Carneiro



Debra Carr



Alex Casas



Helder Cerqueira



Kathryn Chaconas



Jamie Champagne



Cindy Chaves



Thomas Chesnes



Christine Coelho



Carlos Costa



Corey Costa



Danielle Costa



Brooke Cote



Michele Cox



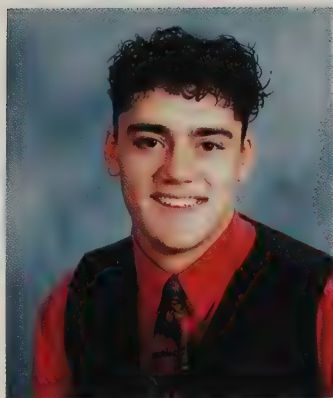
Paulo Cruz



Karen Cuthbert



Amy Daigneault



Christopher Dias



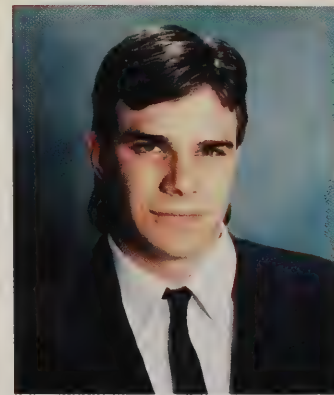
Paulo Dias



Susan Dias



Cristina Diniz



Matthew DiSanti



Jeffrey Dominique



Daniel Donohue



Kathleen Drozdowski



Erin DuFresne



Wendy Dunbar



Antonio Eusebio



Angelina Fava



Daniel Fernandes



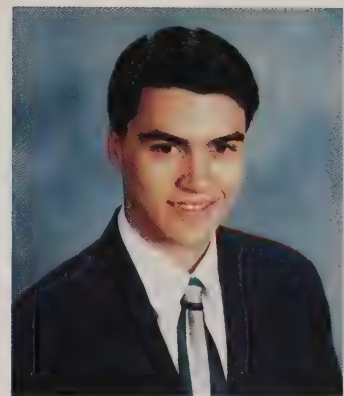
Ana Ferreria



Christina Ferreira



Susan Ferriera



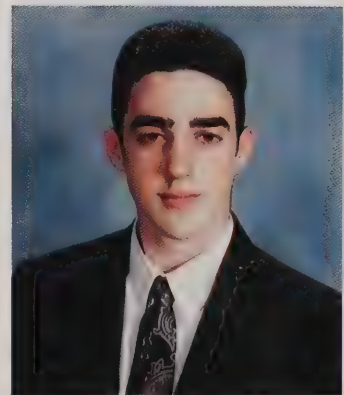
Nelson Fialho



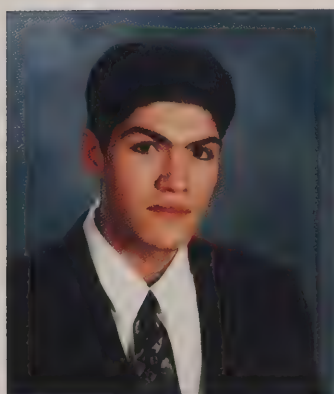
Steven Forcum



Sandy Fortunato



Jeffrey Fortune



Antonio Fraga



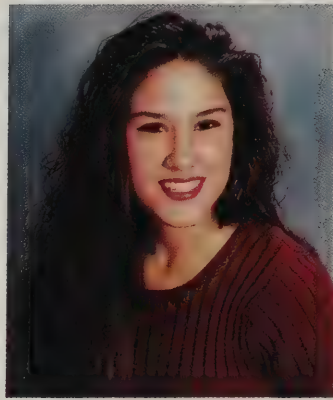
McCabe Gallagher



Danielle Gamache



Lisa Ganhao



Rachel Gebo



Christopher Gelonese



Stephen Ghazil



Dennis Gomes



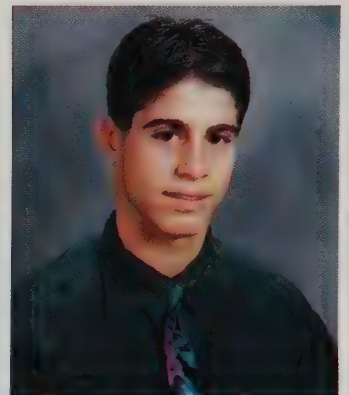
Emily Gomes



Jennifer Gomes



Julia Goncalves



Todd Goncalves



William Grassetti



Jennifer Havens



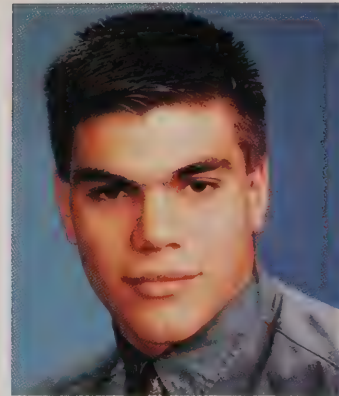
Amber Hewes



Amy Hewes



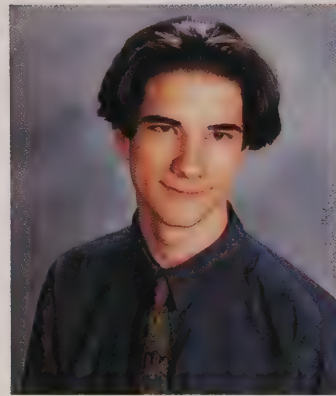
Heather Hiorns



Jeffrey Jablonski



Jessica Jamroz



James Jenkins



Shannon Kapinos



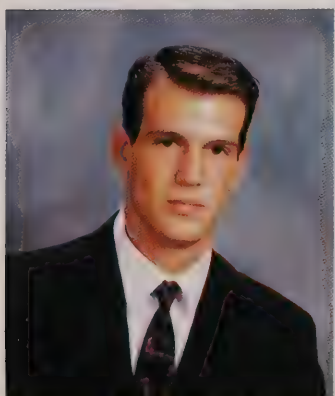
Kimberly Kedziorek



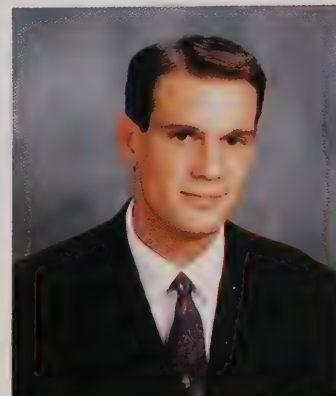
Kristen Kelch



Corey Kincaid



Jason Knowles



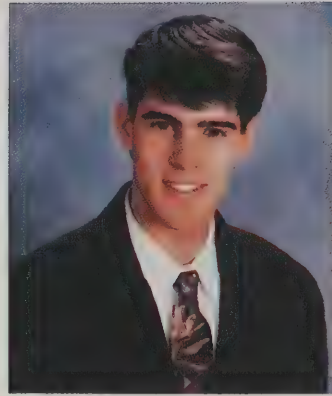
Mitchell Knowles



Cortney Kolodziey



Joseph LaHait



Jason Leandro



Caroline Leits



Rebecca Lewison



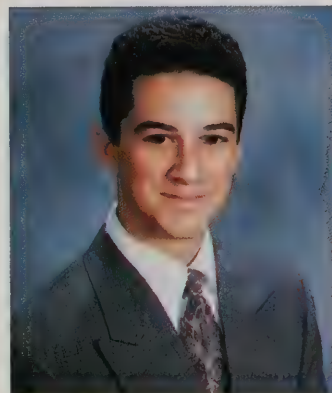
Nicholas Libiszewski



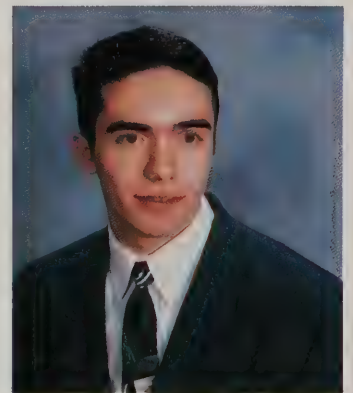
Scott Lincourt



Damon Markiewicz



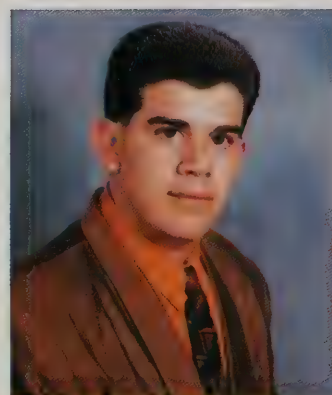
Nuno Marques



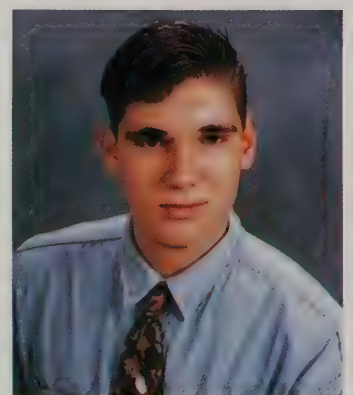
Eugene Martins



Neil Martins



Steven Martins



Thomas Matera



Amy Mateus



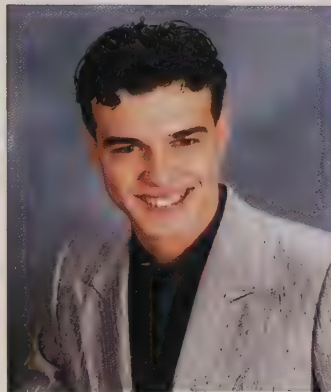
Kendra Matott



Cathleen McGaffigan



Kimberly McNally



Roger Mendes



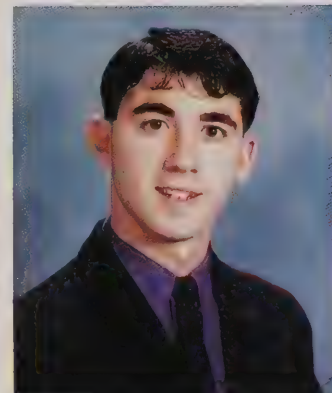
Lisa Moore



Alice Nascimento



Sonya Nickerson



Keith Nogueira



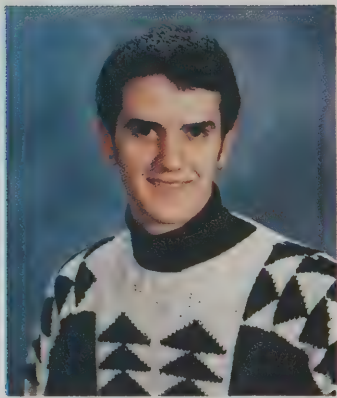
Nancy Nogueira



James O'Donnell



Douglas Owen



Kristopher Page



Ana Pereira



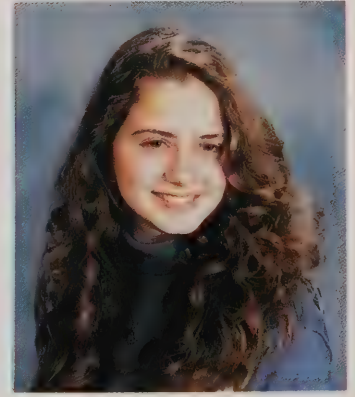
Helena Pereira



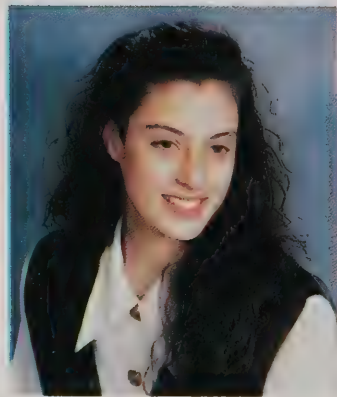
Laura Pereira



Ellen Pichey



Erica Piesz



Sandra Pinto



Eric Plasse



Ryan Podolski



Lisa Poitras



Anita Poon



Caterina Queiroga



David Rauh



Maria Ribeiro



Kimberly Richard



Scott Rinaldi



Carolyn Robert



Nelson Rodrigues



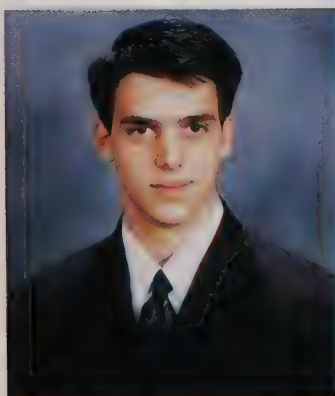
Amy Roy



Paul Sagan



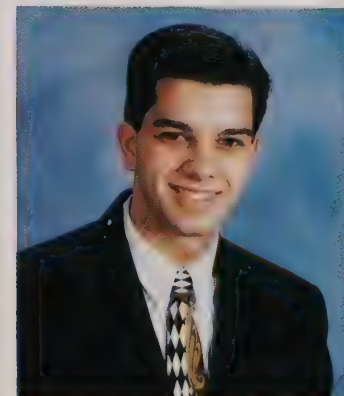
Lori Salema



Raymond Saloio



Michael Salvador



John Santos



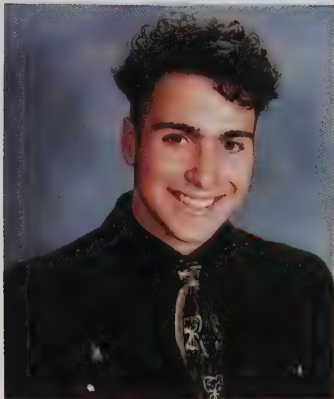
Shawn Santos



Urszula Sedzikowski



Tracy Sepiol



Pedro Serrazina



Kare Shields



Stephanie Skarbek



Timothy Sliski



Matthew Smith



Brian St. Pierre



Jessica Summerlin



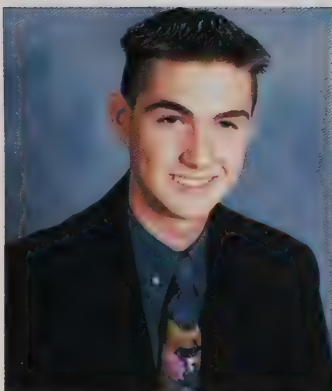
Beth Szemela



Paula Teixeira



Heather Tereso



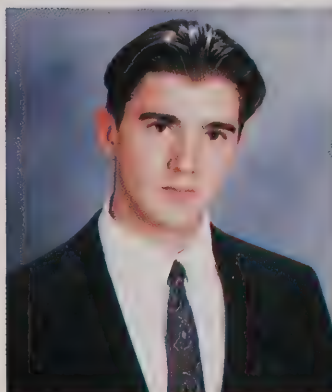
David Thibault



Sherry Thomson



Sharon Tokarz



Nathan Torretti



Timothy Vitorino



Jason Wainwright



Brian Walz



Todd Warzecki



Thomas Widor



Daniel Wilkins



Eric Wolcheck



Erin Yelle

SENIORS NOT PHOTOGRAPHED

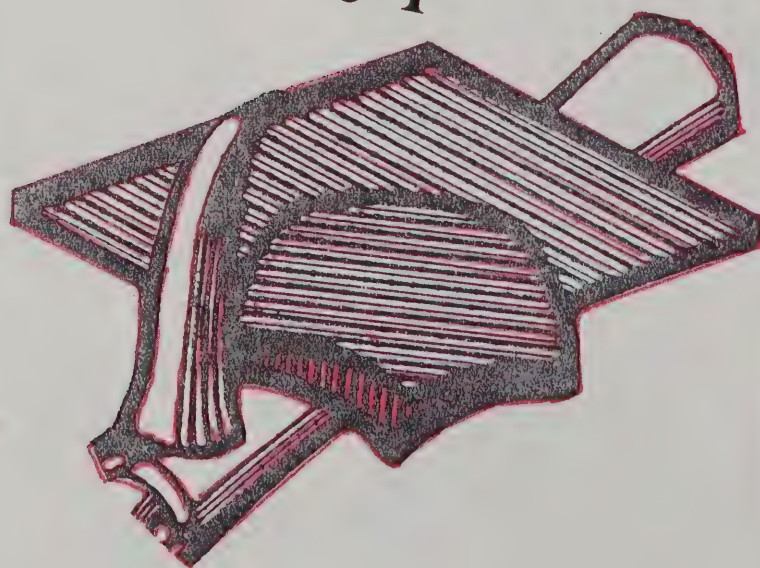
Carla Afonso	Brian Nilson
Daniel Alves	Keith Nunes
Jose Alves	Kevin Nunes
Michael Batista	Pedro Olmos
Adrian Colon	Duane Pelchat
Rachelle Cropanese	Pam Pyzocha
Brad Dakers	Daniel Rescia
Manuel DeSousa	Jennifer Ribeiro
Joao DosSantos	Susan Rodrigues
Carrie Douthwright	Keith Roxo
Michael Fontaine	Kevin Schwerdtfeger
Pedro Gomes	Todd Soares
Zbygniew Krasazewski	Lee Tatro
Sergio Laneiro	Andrew Vance
Karla Laramie	Rosemary Vermette
David Majka	Elizabeth Vivier
Yvette Martins	Vitality Vlasjuk
Todd Messinger	Andrew Widor
Victoria Muche	Rhonda Wrona

BOOSTER DAY DANCE

Date: Friday, October 1, 1993
Time: 7:00 P.M. - 10:30 P.M.
DJ: Rack-A-Disc
Place: Ludlow High School

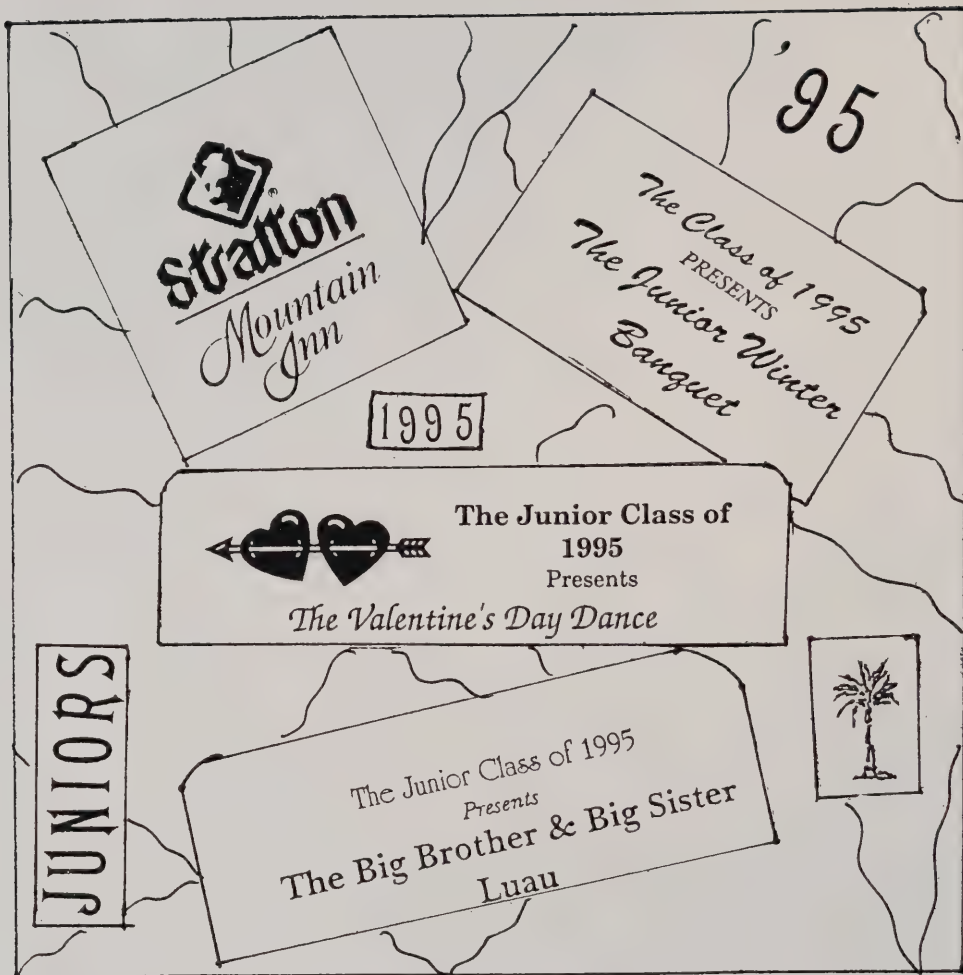
Price Per Ticket - \$4.00

'94





JUNIORS



Juniors not photographed

Cheryl Barry	William Henderson
Julie Bates	Sharon Lecuyer
Jennifer Belanger	Kristoffer Linna
Brian Bernard	Michael Malaquias
Miranda Bjorklund	Joseph Malfino
Sarah Bousquet	Lynn Martin
Anthony Davis	Dulce Martins
David Davis	Sarah McDonald
Gary Dawson, Jr.	Christopher Miller
Mary Debarge	Matthew Misiaszek
Craig Deraeau	Adin Owens
Jason Desellier	Kevin Peabody
Jean Ducharme	Luis Quiterio
Laura Dudley	Maria Rodrigues
Bruno Fernandes	Jason Rolo
Christine Fernandes	Christina Santos
Kevin Ferrabelo	Jennifer Schimmel
Melissa Ferreira	William Scott
Donny Fragoso	Rui Simao, Jr.
Julie Fragoso	Rebecca Small
Joe Freitas	Michael Surreira
Luis Ganhao	Laura Tereso
Nicole Giroux	Jason Thouin
Joseph Goodreau	Amy Zeo
Michelle Halgas	



During the Honors English trip, Becki Small proves that it isn't necessary to come from Salem to be a witch.

Megan Albright

Annoyed by the craziness of her roommates, Sabrina Gallo tries to catch some sleep, in the bathtub, during the junior class trip to Stratton Mountain.

Connie Alfaia

Christina Alves
Michael Alves
Edward Aniolowski
Ray Antaya
Kevin Auffrey
Ricardo Azevedo

Quarterback Steve Marino prepares to make another spectacular pass at Whitney Park.

Gina Barroso

At the Junior Winter Banquet, Gina Barroso and her date, Dan Pedemeira, are looking their best.

Denise Batalha

Elaine Batista
Jessica Beston
Jason Borek

Jason Bourbeau
Elizabeth Bunten
Jeffrey Butcher

Kristin Calheno
Beatriz Calvao
Jimmy Canoa
Joel Canoa

Tony Davis shows off his beautiful floral leggings at the Monster Masquerade.

Brian Carvalho
Celia Chaves
Ross Cocchi
Kim Coelho

Joe Larouco skillfully dribbles the ball down the field during a varsity soccer team.

Nelson Cruz

Michelle Cushing
Mario DaCruz
Matt Danner

Michelle DaSilva
Ed Denette
Dan Dias
Tony Dias
Tracey Dilley
Josh Dinelle

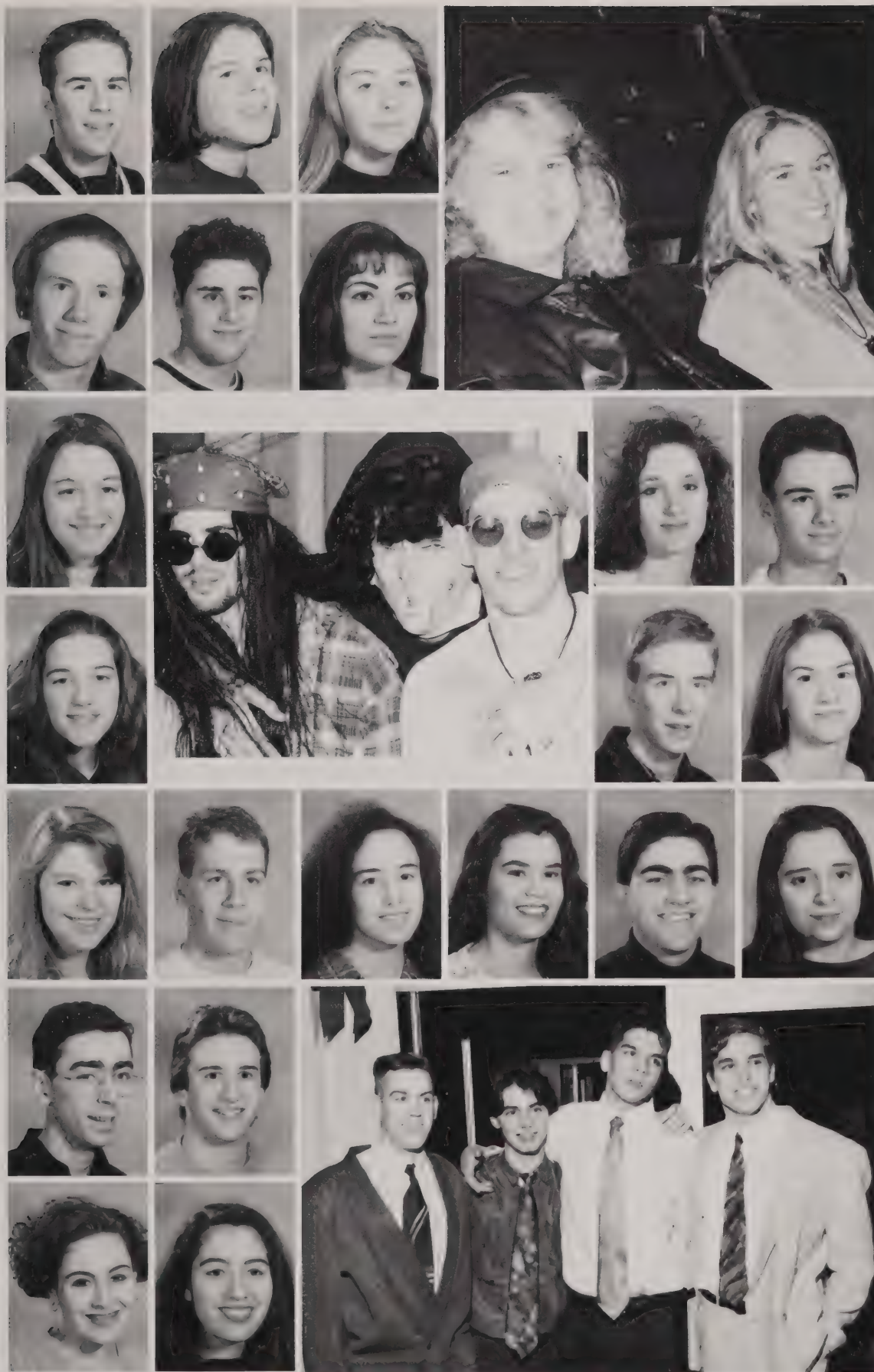
Kevin Dolley
Andrew Dorval

Kristin Calheno sits at the D.A.R.E. booth with her friend, Officer Mark Mendes, at the LHS health fair.

Jacob Dorval

Katie Dziura
Kim Enos
Arminda Fernandes





Brian Ferreira
Marco Ferreira
Jennifer Fitzgerald

Debbie Kropp and Amy Jodlowski sit on the bleachers and take a break from dancing at *The Cub's* Halloween Dance.

Aaron Fitzsenry
Antonio Fonseca
Elizabeth Fortunato

Renee Forzano

Ray Antaya and Kevin Auffrey pose with their monster friend, Mario Morton, at the Halloween dance.

Karri Franceschina
Alan Gagnon

Sabrina Gallo
Benjamin Gaumond
Anne Geboskie

Melanie Geer
Michael Godin
Cynthia Gomes
Maria Gomes
Paulo Gomes
Anita Goncalves

John Goncalves
Matthew Goncalves

Some of the handsome junior guys, Kevin Auffrey, Ross Cocchi, Jason Thouin, and Nick Nutting get together for a group shot.

Michelle Goncalves
Susan Goncalves

Andrea Markiewicz, Desiree LaBrecque, and Kara Jorge eat their delicious meal at the junior semi-formal.

Amber Gonyea
Brian Goodreau

Mark Hite
Kristin Hyder



Amy Jodlowski
Kara Jorge
Daniel Juliano
Edith Karczynski

Diane Pielecha and her date,
Brian Carvalho, sit and wait
before dancing after dinner at
the Junior Winter Banquet.

Cynthia Kozaczka
Debbie Kropp
Justin Labier
Desiree LaBrecque



Matt Danner, Danny Peder-
neira, Lisette Santos, and Kim
Coelho pose as they wait for
the end of Mrs. Cavallo's
chemistry class.

Kim Lafayette
Charity LaFountain

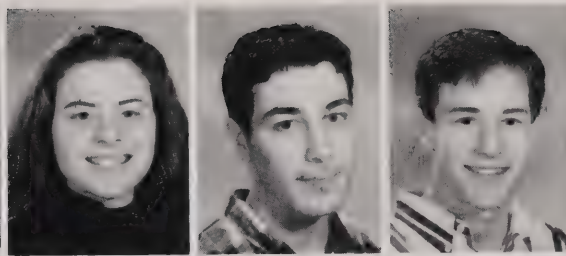
Dennis Lage
Angela Landry

Amanda LaPlante
Frank LaPointe





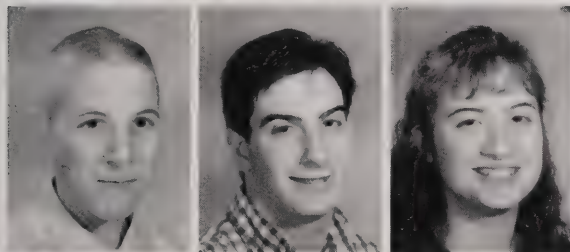
Karen Wisell and Renee Forzano
study for their chemistry test
while lounging in the library.



Danica LaRiviere
Jose Larouco
Jeffrey Lawler



Beth Lemek
Andrea Lombardi
John Maggard



Dominic Maggi
Stephen Marino
Andrea Markiewicz



Sandy Masse and Amber Gonyea
demonstrate the authenticity of
her cow costume at the Hallow-
een dance.



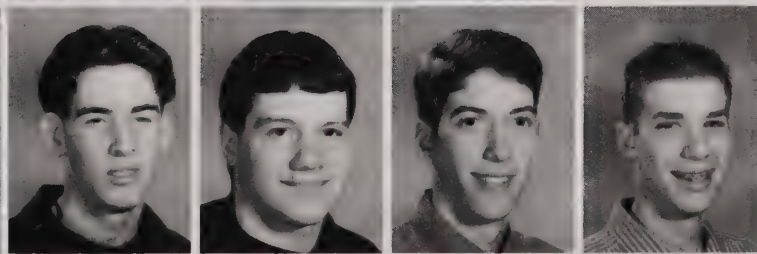
Jeffrey Martins
Nancy Martins
Sandra Masse



Michael Menard
Jeanine Mileskie
Sarah Minich



Maria Rodrigues takes a break
while awaiting the start of her
sewing class.

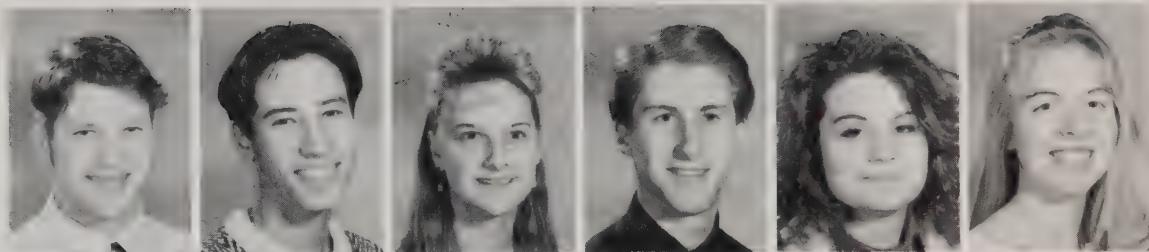


Scott Molway
Christopher Moore
Danny Morais
Mario Morton

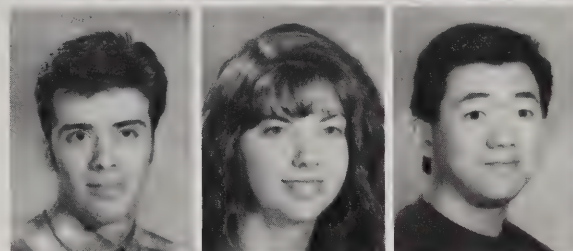


Michelle Nogueira
Nick Nutting
David Ostrowski
Heath Owens

Dana Peabody
Daniel Pederneira
April Perusse
Jeremy Picard
Diane Pielecha
Sarah Pike

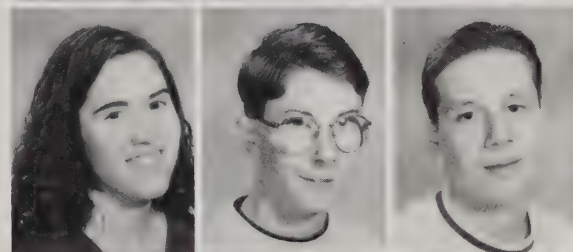


Daniel Pires
Melissa Pollard
Stanley Poon



Good friends, Sarah Bousquet and Katie Dziura, are in high spirit at *The Cub's* Monster Masquerade.

Jaime Pouliot
Shawn Prophet
Antonio Ramalhete



Honors English students, Becki Small, Chrissy Santos, Sharon Lecuyer, Amy Jodlowski, Julie Bates, Sarah Pike, and Michelle Gonçalves, pose on the steps of The Custom House in Salem, Ma.

Fernando Ramos
Tony Ribeiro
Adam Rivest



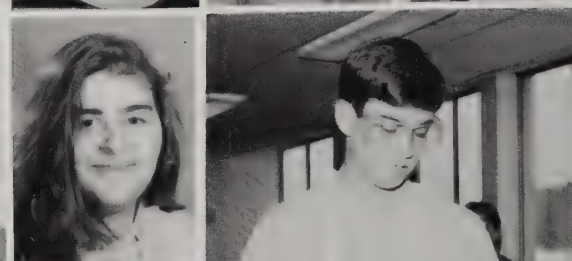
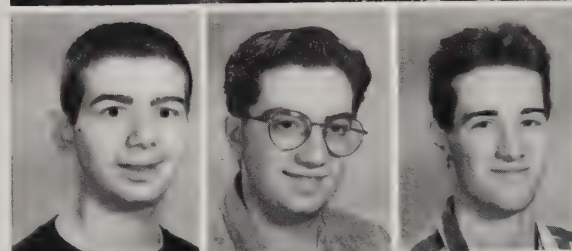
Evette Rodrigues

As sawdust flies around the room, Josh Dinelle skillfully engraves a block of wood.

Carissa Romaniak



Amandio Rua
Andrea Ruest
Dana Salvador





Lisette Santos
Robert Santos
William Scott
Angela Silva
Licinio Silva
Stela Simoes



Dan Pires, varsity soccer goalie, enthusiastically makes another tremendous save for the Lions.



Michelle Skarbek



Ross Cocchi, a Michael Jackson wanna-be, struts his stuff during the winter semi-formal.



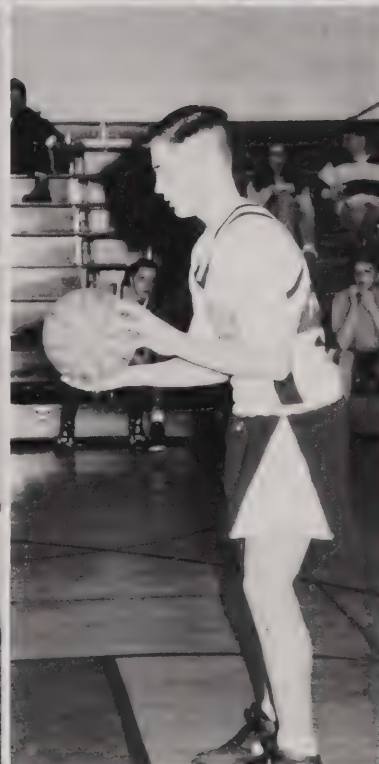
Melissa Strycharz



Kristine Stuart
Sara Swiatlowski
Nicole Tarby



Corey Tomlinson
John Vigliano
Steve Vitorino
Jeffrey Webb



JV basketball player, Kevin Dolley, prepares to take a foul shot at a home game.



During the Junior Winter Banquet, Jaime Pouliot cheerfully hides from her annoying date.



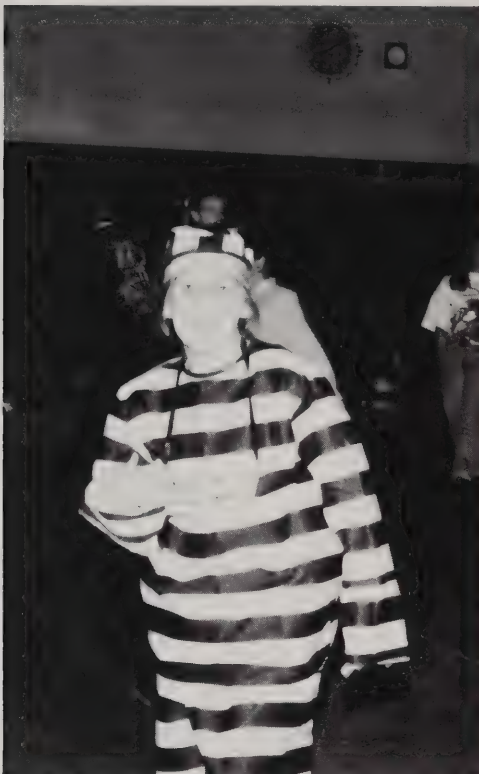
Karen Wisell



Karen Wolcheck

SOPHOMORES

▼Tanya Casimiro came dressed to the Halloween dance as a jailbird.



▼Junior varsity soccer player, Lisa Goncalves, runs back from some vicious action.



Sophomores Not Photographed

Leonor Afonso
 Daniel Alpiarca
 Stephen Alspach
 Claire Anghilante
 Renee Antaya
 Dustin Bean
 Cory Bobowiec
 Jennifer Calkins
 Daniel Cave
 Mary Cheria
 Evan Cox
 Michael Czechowski
 John Debarge
 Christopher DiSanti
 Adriano Dos Santos
 Jeremy Duchesne
 Christopher Dudley
 Kevin Dunbar
 James Gagne
 Shawna Gaudette
 Walter Goodrow Jr.
 Christie Griffith
 Nuno Guerra

Agnes Jaracz
 Jaclyn Kareta
 Adam Kiel
 Anthony Korzec
 Jeffrey Leandro
 Cheryl Leits
 Jennifer Leroux
 April Lind
 Rebecca Maynard
 Christopher McLeod
 Brian Nogueira
 Jason Ragsdale
 Janet Richard
 Melissa Rickson
 Jennifer Riopel
 Lisa Robichaud
 Christina Santos
 Joachim Santos
 Carlos Seguro
 Heather Spring
 Shannon Stebbins
 Sarah Torrey



Fernando Alves
 Laura Alves
 Susan Alves
 Jennifer Amaral
 Charli Asta-Ferrero
 Christopher Barroso

Heather Bartholomew
 Kyle Bedard
 André Bernatches
 Kathy-Ann Bigda
 Jacob Bissailon
 Kimberly Boisvert

Jeannine Borek
 Christina Boyea
 Lisa Bramucci
 Angela Brennan
 Lynda Brennan
 Sally Carlos

Tanya Casimiro

Jen Amaral and Bob Nascimento help each other with their often tedious Honors English essays during class.

Allison Costa

Luis DaCosta
 Christina DaCruz

James DaSilva
 Jodi Deforge
 James Dempsey
 Elizabeth Dias
 Michael Dias
 Michelle Dias

Timothy Dias
 Jaime Dominique
 Sharon Dooley
 Jocelyn Dorval
 Fernando Dos Santos
 Shannon Driscoll

Lindsay Drobot
Kara Dubosh

Jodi DeForge stops at her locker during the brief four minute break between classes.

Jesse Eugenio
Jose Eugenio

Mark Eusebio
Christina Fava
Todd Fillion
Lisa Frates

Christina Garcia
Veronica Gaudreau
Andrew Gendreau
Anabela Gomes

Carlos Gomes
Miguel Gomes
Amy Goncalves
Chris Goncalves
Cecilia Goncalves
Lisa Goncalves

Jeremy Greene
Daniel Gregorio
Jackie Hafner
Brian Haney
Raymond Hastings
Christine Hudyka

Richard Huff

With great skill, varsity soccer player Carlos Gomes does a bicycle.

Miranda Hunter

Michael Ingalls
Amber Janes





Angela Karalekas
Melanie Kareta

Honors English 10 students
enjoy another intellectual
American Literature class
with Mrs. Kelley.

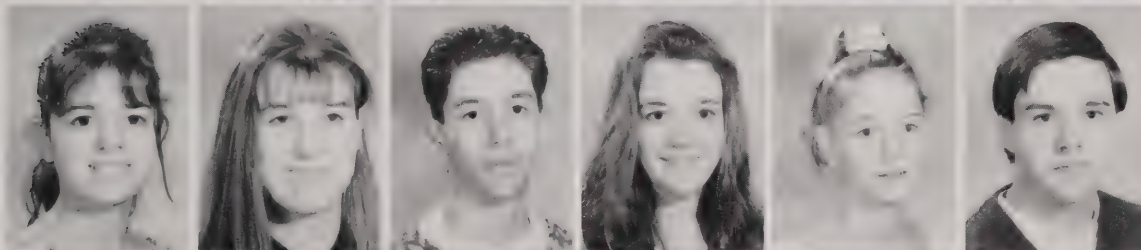
Matthew Lambert
Jessica Latour



Steven Lauzon
Kelley Leary
Derek Lonczak
Amy Maello
Ana Maia
James Maio



Aaron Majka
Angela Malaquias
Heidi Malfino
Stacey Mallalieu
Wesley Manuel
Kathleen Marino



Sally Martins
Cindy Mateus
Jason Mazur
Jodie McCarthy
Jennifer Minie
Philip Monette



Jennifer Moreau

JV basketball player Chris-
tina Dacruz dribbles be-
tween two Southwick oppo-
nents at a home game.

Shannon Mucha

Thomas Nally
Jennifer Nascimento

Robert Nascimento
 Chad Nelson
 Brian Nocrasz
 Amy Nogueira
 Chris Novelli
 Colleen O'Donnell



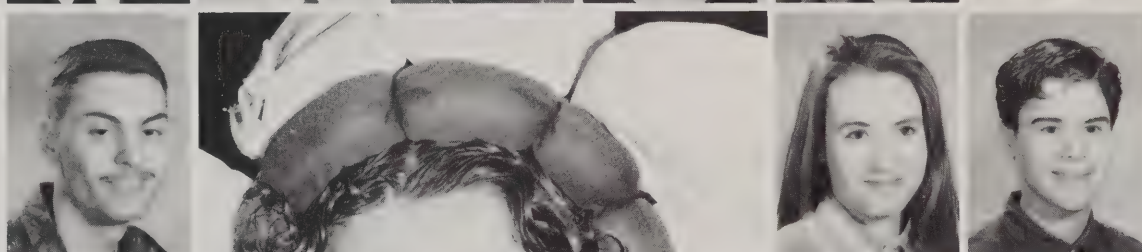
Todd Orchulek
 Eric Otto
 Jennifer Palmer
 Kim Parker
 Jennifer Passerello
 Lucas Patrick



Antonio Paulo

Eddie Pires, dressed like a sunflower at the Monster Masquerade, portrays his sensitive side.

Renee Peabody
 Mark Pedro
 Christina Pereira
 Erick Pereira
 Marco Pereira



Michael Pereira
 Tiffany Pereira
 Elizabeth Pielecha



Jennifer Pina
 Lisa Pio
 Eddie Pires
 Sarah Podsadowski
 Kevin Pyzocha
 Ricardo Queiroga



Lucia Ramos
 Debby Ribeiro
 Beth Ricardi
 Michael Rodrigues
 Melissa Rodrigo
 Christopher Root





George Rosa
Mark Rosa
Erin Ruell
Elizabeth Rufo
Jeff Salvador
Fernando Santos



Yvonne Santos
Michelle Sebastio



Junior varsity goalie Aaron Majka makes another tremendous save for the Lions.



Daniel Sheehan
Coryn Silva



Anne Skora
Dan Smith
John Summerlin
Christina Surreira
Keith Szemela
Tausha Tavernier



Christie Thomas

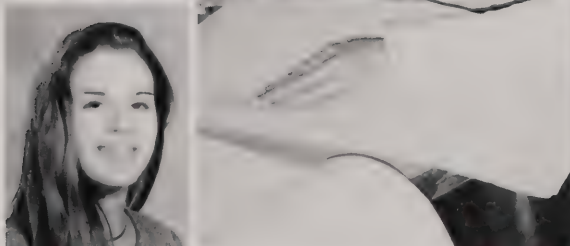
Lynda Brennan concentrates on a layout during the yearbook seminar in Mrs. Kelley's room.



Kristy Thompson
Heather Valley
Sara Vital



David Vitorino
Michael Wells
Renee Widor
Elzbieta Wojtowicz

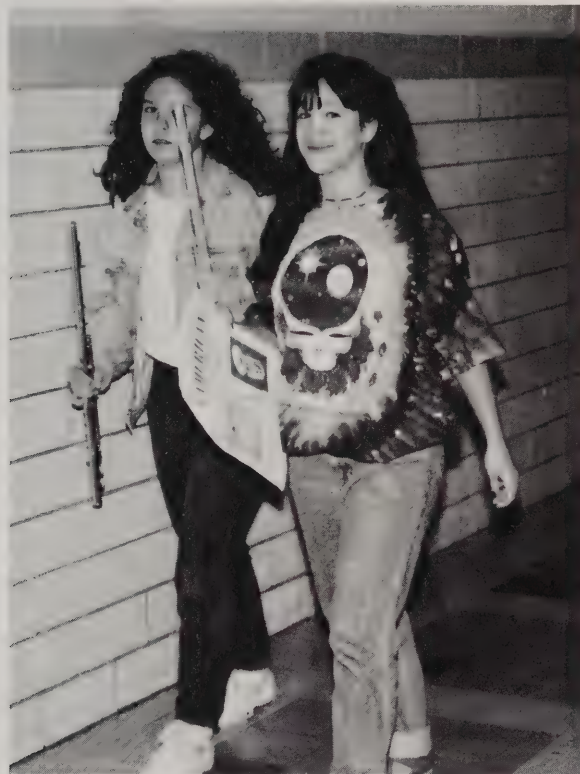


Crystal Wrona
Edward Young
Danika Zick
James Ziemba



FRESHMEN

Flautists Stephanie Salvador and Jessica Batalha walk back from the practice room after rehearsing their band music.

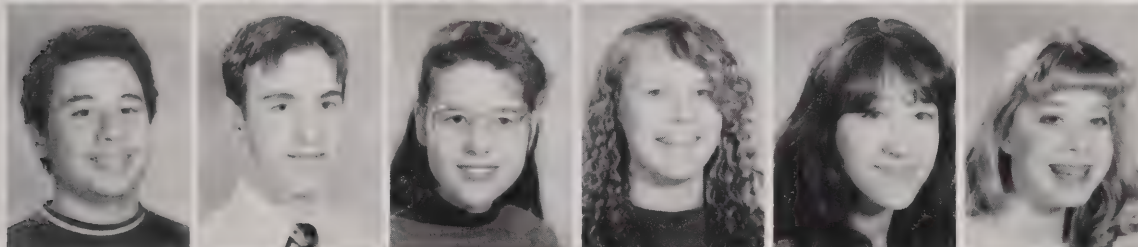


Freshmen Not Photographed

Nicola Albano	Lindsey Lamoureux
Suzana Alves	Genelle Mariani
Manuel Andrade	Vladimiro Marques
Fatima Barroso	Jorge Martins
Joseph Batista	Michael Mateus
Angela Belleville	Karen Nogueira
Otilia Castro	Brian Page
Donald Charron	Sergiusz Paluch
Jeremiah Cherbonneau	Fernando Ribeiro
Filipe Costa	Christopher Roberts
Angela Dinis	Jeremy Rodrigues
Justin Dobson	Joseph Rodrigues
Wesley Dupuis	Albertina Rua
Jason Enos	Christopher Salvador
Alice Fernandes	Paul Santos
Nancy Fernandes	Nick Schwerdtfeger
Maggie Ferrabelo	Tina Serrazina
Eric Flebotte	William Smith
Jason Flebotte	Shauna Smolinski
Paula Ganhao	Crestina Torrao
Diane Goncalves	Jeremy Toussaint
Kenneth Haney	Neil Vermette
Adam Lamarre	Felicia Vital
Heath Lamarre	Danielle Wales



Tara Almeida
Jason Alves
Linda Alves
Jennifer Ambroziak
Julie Anderson
Marjorie Armitage



Michael Assaf
Justin Bailey
Paula Baltazar
Carrie Barrus
Jessica Batalha
Roxanne Benjamin



Shelly Boduch

Freshmen Jen Bathgate,
Lindsay Ho, Melissa Cislak,
Amy Desautels, and Melina
Louvitakis take a break from
the intense dancing at the Big
Brother/Big Sister dance.

Leigh Boland

Sharon Brodeur
David Buckley



David Buntin
Nicole Burek
Heather Burtch
Erin Campana
Simone Carvalho
Antonio Castro

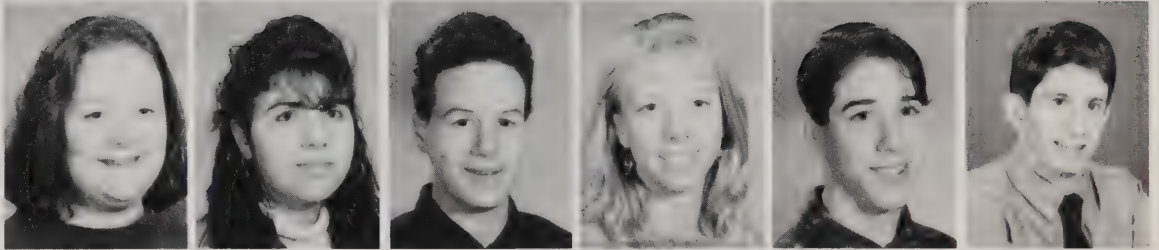


Christopher Champagne
Nancy Chelo
Tina Christensen
Angela Cieplik
April Cioch
Melissa Cislak



Michael Coddington
Steven Costa
Jennifer Cyranowski
Anna Czupryna
Anne Marie DaCosta
Joseph Decaro

Amy Desautels
Christina Dias
Daniel Dias
Jennifer Dinelle
Adam Dorval
Evan DuFresne



Michael Dymon
Danny Elias

First year varsity cheerleader Jessica Batalha proudly cheers at a boys' basketball game.

William Escribano

Michael Ferrabelo
Celia Ferreira
David Ferrier



Dennis Fialho
Paulo Fialho
Nicole Fiorentino

Adela Flores
Adérico Florindo
Michael Forcum
Kevin Fonseca
Mindy Franck
Kristine Frazier



Americo Freitas
Traci Garrity
Alan Gates
Adriano Genovevo
Adam Giverson
Robert Gomes



Sandy Gomes
Gorete Goncalves
Jorge Goncalves
Matthew Goncalves
Susana Goncalves
Brian Gosciminski





Michael Gove
Heather Griffith
Dawn Grimshaw
Laura Gruszka
Tracy Haluch
Peter Henriques



William Herrick
Carlos Hickey
Jennifer Hill
Jeffrey Hiorns
Lindsay Ho
Robert Hogan



Amy Hudon
Kimberly Jorge
Kerri Kelsey
Jamie Kendall
Andrea Kerr
Andrew Kessler



Good friends, Danielle Wales and Maggie Ferrabelo joyfully smile at the Big Brother/Big Sister Dance.

Meghan Ketchum
Robert Kopek



Angie Labonte
Sarah Ladue
Nicole Lane
Tanya Laramie
Kristle Lariviere
David Lawrence



Ryan Lemek
William Lengieza
Tonya Leroux
Irene Lesniak
Danielle Lessard
Tanya Long

Melina Louvitakis
Maureen Lynch
Robert Maio
Heather Mariani
Erica Martins
Crystal Mather



Nicholas Matthes
Allison McCullough



The group of freshman inseparables, Tara Almeida, Heather Peabody, Nicole Fiorentino, Andrea Kerr, and Angela Bellville show off their "hippie style."

Melissa McGahee
Maria Medina



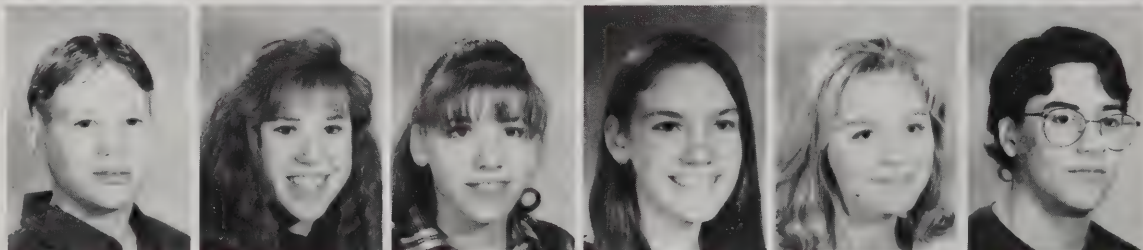
Cristina Mendes
Jason Minich
Mirella Misiaszek
Bridget Moore
Eric Nelson
Sharon Nogueira



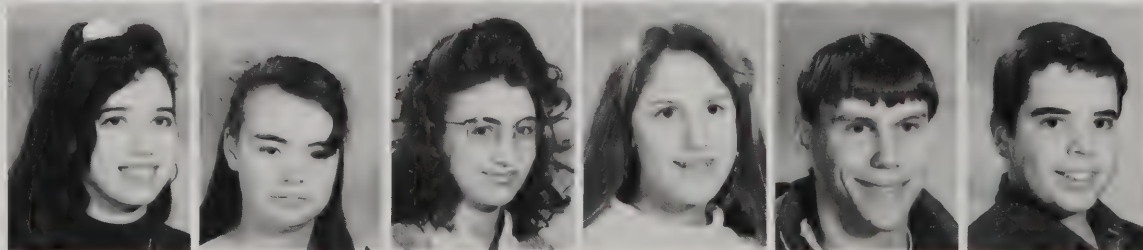
Shawn O'Connor
Joao Paulo Oliveira
Linda O'Malley
Heather Peabody
Scott Pelletier
Valentim Porfirio

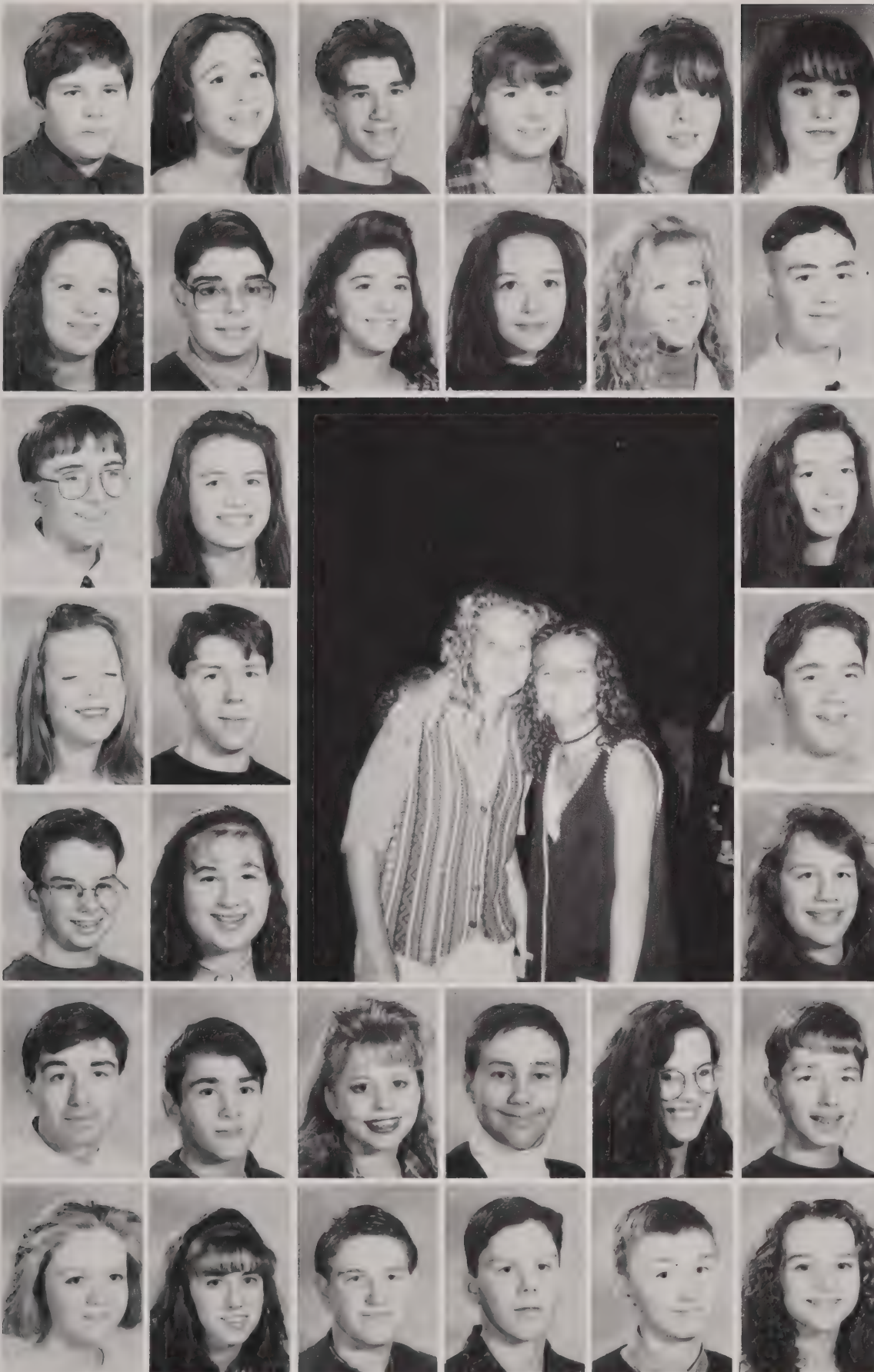


Timothy Priest
Laura Provost
Melissa Provost
Karla Psoter
Melanie Pszeniczny
Mark Quiterio



Silvia Rebelo
Jennifer Roatch
Diane Rodrigues
Kristy Rodrigues
Nickolas Rooney
Gary Rosa





Nilton Rosa
Alyssa Rosario
Gustavo Carlos Rubbo
Cheryl Rybak
Lynn Sakowski
Jennifer Salvador

Stephanie Salvador
Antonio Sanches
Christine Santos
Michelle Santos
Shannon Self
Daniel Serrazina

Joseph Silva
Lisete Silva

Tracy Haluch and Nancy
Zina's smiles show their en-
joyment of the great Big
Brother/Big Sister Dance.

Diane Simoes

Rebecca Siok
Jeremy Soja
Derek Swistak

Matthew Tarsa
Kristie Lee Teixeira
Rebecca Thomas

Sean Thompson
Nicholas Torretti
Chrystal Vieira
Jorge Vieira
Karen Vigliano
Mark Vital

Danica Wood
Rebecca Wright
Gregory Wurszt
Jeffrey Zajac
Edward Zapala
Nancy Zina

FACULTY AND STAFF

Joseph Andreis
Assistant Principal

James Cavallo
Principal



Office secretaries Gayle Thomas
and Nancy Guinipero smile for
the camera.



A B



Faye August
Physical Education and
Health Education

Alexander Bal
Special Subjects
Senior Class Advisor
Paula Bennett
Language
Emilio Bollea
Business

Bernard Burns
Art
Brian Bylicki
Social Studies

C

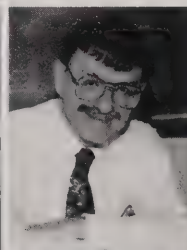


John Carlin — Math
Louis Casagrande
Guidance
Joan Cavallo — Science
Beth Cebula
Special Subjects
Leonard Charest
Social Studies



Miriam Clement
Home Economics
Maureen Cotti
Art
Richard Cotti
English
Joyce Crandell
Nurse

D



Philip Dalessio
Science
Sheila Dias — English
Susan Dibble — English
Francis Duolos
Science
Lieselotte Dumais
Language

E



Gordon Eaton
Science
Mable Ellison
Special Subjects Aide
Maria Fagundes
Language
Martin Fanning
Social Studies

F

Maryjean Gaumond
Home Tutor
John Godek
Guidance



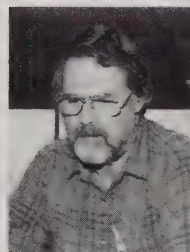
Antonio Goncalves
Language
Barbara Greene
Special Subjects Aide
Nancy Guinipero
Office Secretary



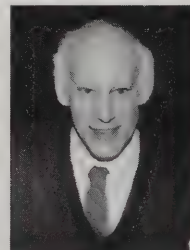
Lawrence Holdsworth
Social Studies
Senior Class Advisor



Nancy Kavka
Science
Suzanne Kelley
English
Herman Kendrick
Industrial Arts
Lee Kenworthy — Gym
Cynthia Koch — Band



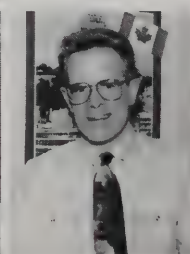
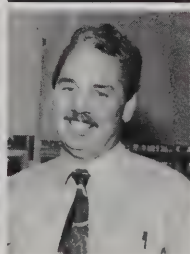
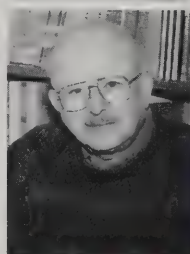
Richard Kolodziey — Science
William Kolodziey — Science
Dr. William Koscher
Social Studies
Nancy Kurty
Physical Education
David Larrivee
Social Studies



Zora Lee Leclerc
Library Aide
Frances Libiszewski
Social Studies
Jerome Linehan -- Guidance
James Lonczak — Math
William Lucia
Social Studies



Richard Malek — English
Brian Mannix
Truant Officer
James Marceau — Language
Stephen Marino
English
James Martin
Language





Diane Mazzocco
English
Mary Moriarity
Guidance
Toni-Marie Mancuso
Math
Senior Class Advisor



John O'Connor
Social Studies
Margaret O'Neil
Guidance Secretary



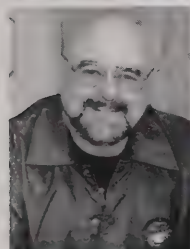
Leonard Phelon
Math



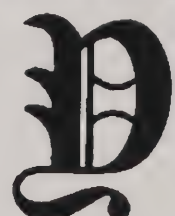
Katherine Reilly
English
James Richards
Guidance



Michael Rheault
Choral Music
Arthur Serra
Physical Education
Director of Athletics
Susan Stachelek
Math
Rae Stack
English



Joseph Szlosek
Physical Education
Gayle Thomas
Office Secretary
Richard Thomas
Business
Jane Thompson
Librarian



Phyllis Vanasse
Business
Raymond Yando
Math

A Successful Fall

The 1993 fall season was successful in the eyes of Ludlow High students. Our soccer teams made it to the finals, our football team won two games, and our cross-country team did well.

Mindy Franck said our success was due to organization and

team spirit while Amy Desautels told us, "Lot of talented athletes." Lee Tatro, who was on the football team, said football "was accomplished because we won two games." Andy Vance also said the football team "did good."

Soccer comments were as follows:

"They worked together and did a good job." — Tina Jones. "Both soccer teams made the Western Mass. Finals." — Miguel Gomes. "They did

good in soccer." — Genelle Mariani.

The cross-coun-

try team also worked hard. Christy Boyea said, "The cross-country improved their running times." Miss August told us, "Cross-country did well." Finally, Linda O'Malley said, "They worked as a team."

"Things kept going great."
— Sean Thompson



◀ Jumping is not just for basketball as Rob Santos demonstrates.

▶ Lady Lions, Colleen O'Donnell, Nancy Chelo, and Elaine Batista, are caught in pre-game action.



▼ Sandy Pinto dribbles the ball away from her Amherst opponent.



▲▲ Jeff Jablonski makes his job of goalie look easy. He graciously made a save.

▲ Megan Ketchum stretches before her cross-country meet.

▶ Jim O'Donnell, a versatile player, is seen here on the defensive.





▼Quarterback Steve Marino gets ready to pass the ball to a teammate.

▼▼The famous Ludlow bridge is where Frank LaPointe usually made a comeback.



▲Ed Denette
Miguel Gomes
Becky Siok
Rebecca Thomas



Athletes of the Season

Who do you think was "Athlete of the Fall Season?"

That was the question we asked fifty Ludlow High School students one day after school. The results were as follows:

7 Votes

Jim O'Donnell
Jeff Jablonski

6 Votes

Sandy Pinto

4 Votes

Dennis Gomes

3 Votes

Tom Widor
Steve Marino

2 Votes

Dan Canoa
Allison Costa
MaCabe Gallagher
Dan Pires
Laura Pereira
Marco Ferreira
Meghan Ketchum
Cindy Mateus

HEY! HEY!

Despite the late start, the 1993-1994 cheerleading squad put forth its best effort to motivate the spectators at the football, boys' soccer, girls' basketball, and boys' basketball games. Coach Faye August and Assistant Coach Carol Burns received help from tri-captains Laura Alves, Michelle DaSilva, and Danica LaRiviere.

Throughout the summer, the squad practiced intensely three days a week and attended the Universal Cheerleading Association's summer camp. The team also held a car wash at Burger King in July to raise funds for the upcoming year.

"Hey, Hey whaddaya say? Maroon and

white!" was one of the most crowd-pleasing cheers being chanted at the games. The jumping and shouting heard by the players on the teams often boosted their spirits and livened up the crowd.

Although being a member of the squad was difficult at times, it was rewarding. The captains stated, "We have learned about leadership and responsibility this year. We also had to face the trouble of keeping team spirit alive when it was dying." Coach August added, "I had a great group of girls to work with; the squad improved tremendously throughout the season."



▲ Sarah Torrey tries to get the crowd psyched up during the game.



▲ Row 1: Shannon Self, Jodi Deforge. Row 2: Sarah Torrey, Laura Alves, Heather Burtch, Michelle Dias, Danielle Lessard. Row 3: Michelle DaSilva, Heather Valley, Mindy Franck, Angela Brennan. Row 4: Jessica Beston, Danica LaRiviere, Sara Vital, Lynda Brennan.





▲Despite the harsh weather and the gusts of wind, Lynda Brennan, Mindy Franck, and Angela Brennan keep their smiling enthusiasm.



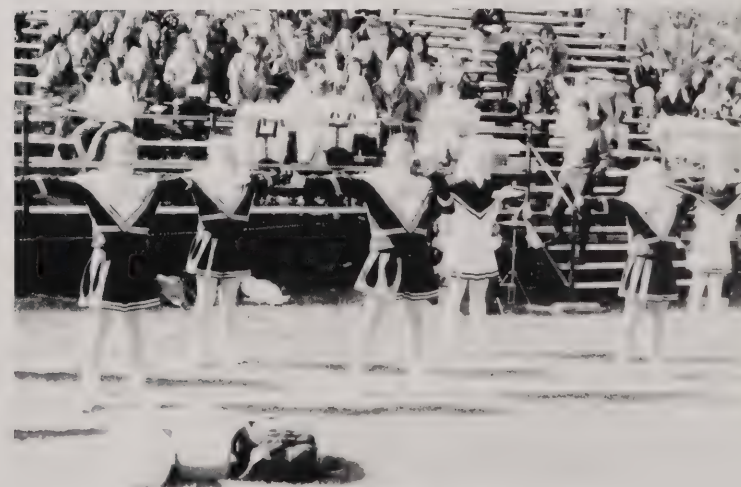
▲Jodi Deforge, Sarah Torrey, and Lynda Brennan conduct a spirit check.



▲▲The Lions' mascot fixes Jodi Deforge's hair to make sure she looks her best!

▲Danielle Lessard, Danica LaRiviere, Michelle DaSilva, and Sara Vital brave the cold to support the Lions.

◀Heather Valley cheers the football team on to its first victory of the season.



▲Our spirited cheerleaders, Angela Brennan, Laura Alves, Jessica Beston, Shannon Self, and Heather Valley are in step at the football game.

▼With perfect form, Steve Marino looks for the open man.



▲Jim O'Donnell maneuvers his way towards the endzone.



▲Row 1: Eddie DaSilva, Keith Roxo, Lee Tatro, Jim O'Donnell, Nelson Bernardes, Dan Canoa, Ray Saloio, Jason Banas, Andy Vance, Ivan Babian, Manager Jamie Ericksberg. Row 2: Jacob Bissaillon, Steve Marino, Ed Denette, Joe Goodreau, Tom Nally, André Bernatches, Steven Alspach, Jason Bourbeau, Kelley Leary, Jeff Hiorns, Head Coach Carl Ericksberg. Row 3: Coach John Cagiano, Jorge Goncalves, Rob Kopec, Chris Dudley, Nick Mathias, Mike Coddling, Alan Gates, Kevin Laramée, Eric Flebotte, Mike Gove, Shawn O'Connor, Sean Thompson, Assistant Coach Tom Godek.



▲▲With quick feet, Lee Tatro hustles to tackle his opponent.

▲The Lions, (André Bernatches, Steve Marino, Dan Canoa, and Ed Denette) execute their offense in style.



TOUCHDOWN!!!

This was an exciting year for varsity football. With a 2-8 record, Coach Carl Ericksberg stated, "I thought our season was very successful." Ericksberg also stated that over the season the team achieved its goals by winning over Mahar 36-6 and winning the annual Thanksgiving game against Palmer 16-12.

This year's outstanding players were the tri-captains Jim O'Donnell, Dan Canoa, and Nelson Bernardes. These players and the other seniors on the team showed leadership and made sure everything was taken care of during a game. André Bernatches stated, "The captains of the team were great to work with through the season."

Jim O'Donnell and Dan Canoa were chosen for the All intercounty League of Allstars. O'Donnell also won the "Chick Patullo" MVP Award. Canoa also won an award for "Defensive Player". Nelson Bernardes won the "Mac Goncalves" Lineman Award. The "John Dusel" Sportsmanship Award was given to Keith Roxo. Other awards out were Most Improved Varsity to Ed Denette and Most Improved Junior Varsity to Mike Gove. Junior Varsity "Co-MVPs" were awarded to Mike Coddington and Alan Gates.

All in all, this season for the varsity Lions was good. Coach Ericksberg states, "This has been one of the most rewarding years because of my players."



▲ André Bernatches's look of determination is fierce.

◀ Joe Goodreau stands at attention during the national anthem.

Ludlow			Opponent
7	Ware		28
0	Wahconah		28
8	Mohawk		21
3	Turners Falls		26
36	Mahar		7
0	Frontier		20
0	East Longmeadow		26
0	Athol		40
0	Shepherd Hills		20
16	Palmer		12

Running Their Hearts Out

The cross country team had a tough rebuilding year. The team was sparked by lone senior Tom Widor, who has broken several records during his four years at Ludlow High School. Although the team didn't win any meets this year, the future looks promising for the Harriers as the team acquired many new members this year. Freshmen David Buntin, Rebecca Thomas, Melina Louvitakis, and Meghan Ketchum were welcome additions to the team. Frank LaPointe, Dulce Martins, Luis DaCosta, Re-

nee Widor, and Kevin Pyzocha also added to the team's strength.

A major setback for the team was the number of injuries suffered by its members. Melina Louvitakis, Rebecca Thomas, Frank LaPointe, and Kevin Pyzocha were forced to sit out a few meets, weakening the team's performance.

The Harriers had a respectable season considering both the inexperience and injuries plaguing the team.

Ludlow	Opponent
20	Holyoke Catholic 38
19	Mohawk 44
20	Gateway 43
19	Frontier 44
25	Pioneer 30
20	Athol 43
20	Hampshire 43
18	Monson 45
20	Palmer 43
20	Belchertown (1) 43
20	Belchertown (2) 43
19	Greenfield 44
20	Southwick 43



▲ With no opponent in sight, Tom Widor swiftly strides through the course.



▲ David Buntin's determination enables him to finish the race.





▲ Kevin Pyzocha and Frank LaPointe relax before their exhilarating run.



▲ Stretching before her run, Renee Widor takes time out to smile for the camera.



▲▲ Coach Ed Tompson and Renee Widor anticipate the outcome of the race.

▲ A typical meet for the Ludlow Harriers.



▲ Row 1: Renee Widor, Tom Widor, Rebecca Thomas, Row 2: Coach Ed Tompson, David Buntin, Frank LaPointe, Meghan Ketchum, Kevin Pyzocha, and Luis DaCosta.



▲ Freshman Row 1: Paulo Fialho, Brian Gosciminski, Dan Dias, Matt Goncalves, Adam Giverson, Robert Gomes, Danny Elias, Mark Vital. Row 2: Coach Paul Fontoura, Jorge Goncalves, Adriano Genovevo, Kevin Fonseca, Jason Alves, Tony Sanches, Ryan Lemek, Peter Henriques, Mike Mateus, Tommy Haryasz.



▲ Junior Varsity Row 1: Dan Pederneira, Matt Danner, Timmy Dias, Ricardo Queiroga, Jeff Leandro. Row 2: Chris Goncalves, Adriano DosSantos, Jimmy Ziemba, Dominic Maggi, Robert Nascimento, Tony Fonseca, Wesley Manuel. Row 3: Coach Greg Kolodziey, Aaron Majka, James Canoa, Mario DaCruz, Mark Eusebio, Carlos Gomes, Miguel Gomes, John Summerlin.



▲ Varsity Row 1: Dennis Gomes, Joe Alves, Brian Carvalho, Keith Nogueira, Dan Pires, Eddie Pires, Rich Huff, Rob Santos, Joe Larouco. Row 2: Coach Jack Vilaca, John Santos, McCabe Gallagher, Marco Ferreira, Paul Dias, Jeff Jablonski, Paul Bertini, Todd Warzecki, Joe LaHait, Jason Leandro, Coach Tony Goncalves.



▲▲ Rob Santos dribbles to make a quick pass in the game against Chicopee Comprehensive.



▲ Manager Stanley Poon and members of the boys' varsity team anxiously awaits the outcome of the play.



Come from Behind

For the eighth consecutive year, the Ludlow boys' soccer team demonstrated its talent at the Western Mass. finals. After placing sixth seed in the Smith division, the boys worked extra hard to keep the Ludlow tradition alive. Even though they had a challenging season, they proved that Ludlow was still a force to be reckoned with.

Various members of the team were honored for their hard work and dedication. The awards were given to Joe Alves, Offensive Player; Jason Leandro, Defensive Player; Joe LaHait, Sportsmanship Award; Jeff Jablon-

ski, Spirit Award; Rich Huff, Most Improved Player; and Dennis Gomes, MVP. Jason Leandro and McCabe Gallagher were placed on the first All-Western Mass. team, while Joe Alves and Dennis Gomes joined the second All-Western Mass. team.

The JV boys' soccer team also worked hard to achieve a record of 14-3. The team MVP was sweeper Danny Pederneira.

The freshman boys' team coached for the first time by Paul Fontoura also did well finishing with a record of 6-4-4. The team MVP was Matthew Goncalves.



▲ Leading scorer Joe Alves shows what it takes to keep his title.

Ludlow		Opponent
3	Minnechaug	2
2	West Springfield	2
3	Chicopee	0
7	Agawam	1
2	Longmeadow	1
0	Chicopee Comprehensive	1
6	Holyoke	0
1	Cathedral	2
4	East Longmeadow	0
4	Central	0
3	Amherst	0
0	West Springfield	2
1	Westfield	1
6	Northampton	0
5	Central	0
0	Cathedral	3
2	Agawam	2
5	Quarter-Finals (Chicopee)	1
1	Semi-Finals (Westfield)	0
0	Finals (Cathedral)	1





▲ Varsity Row 1: Allison Costa, Laura Pereira, Cindy Mateus, Sandy Pinto, Angela Karalekas. Row 2: Renee Peabody, Elaine Batista, Melissa Rodrigo, Colleen O'Donnell, Christy Boyea, Nancy Chelo. Row 3: Coach Jim Richards, Sharon Nogueira, Rebecca Siok, Melanie Pszeniczyn, Jen Amaral, Michelle Goncalves, Beth Lemek, Katie Marino, Assistant Coach Jake Socha.



▲ Junior Varsity Row 1: Amy Nogueira, Jaime Pouliot, Kara Jorge, Charli Asta-Ferrero, Kara Dubosh, Tracey Dilley. Row 2: Jennifer Calkins, Yvonne Santos, Tanya Casimiro, Desiree LaBrecque, Lisa Bramucci, Renee Forzane, Chrissy Santos, Laura Dudley. Row 3: Coach Paul Lopes, Becki Small, Lisa Goncalves, Erin Ruell, Jaime Dominique, Christina DaCruz, Andrea Ruest, Angela Malaquias, Manager Tracy Haluch.



▲ Freshman Row 1: Danielle Clark, Nancy Zina, Karla Psoter, Tanya Laramie, Shau-na Smolinski. Row 2: Kim Jorge, Nancy Fernandes, Shelly Boduch, Leigh Boland, Christy Rodrigues, Fatima Barroso. Row 3: Manager Karen Cuthbert, Andrea Kerr, Alisa Rosario, Jennifer Hill, Jennifer Salvador, Coach Nancy Kurty.



▲ ▲ Sandy Pinto shows her talent as she skillfully maneuvers the ball around an Amherst player.

▲ Goalie Cindy Mateus, voted team MVP, is once again on the ground saving the ball.



Girls' Effort Rewarded

Once again the Lady Lions' soccer team put forth its best effort to become one of the top contenders for the Western Mass. title. Throughout the season Coach Jim Richards called the girls "Team '93," which accurately described their attitude of togetherness. After endless hours of training and practice, the Lions managed to place third seed in the Coombs division and kept up the Ludlow soccer tradition by making it to the Western Mass. Finals.

Although the Lady Lions performed well as a team, they also excelled as individuals. The team awards went to Danielle Costa, Spirit Award; Laura Pereira, Most Improved Player; Angela Karalekas, Sportsmanship Award; Sandy Pinto, Offensive Player;

Elaine Batista, Defensive Player; and goalie Cindy Mateus, Most Valuable Player. Making the All-League team were Rachel Gebo, Colleen O'Donnell, and Laura Pereira. On the second "All Western Mass." team were Jen Amaral, Elaine Batista, and Cindy Mateus. The first "All Western Mass." team included Allison Costa and Sandy Pinto, who also made All-State and All-New England.

The JV girls' team, coached by Paul Lopes, struggled through a difficult season to end with a record of 5-9-3. The team MVP went to sophomore Amy Nogueira. The freshman team, coached for the first time by Mrs. Nancy Kurty, worked hard to achieve an excellent record of 9-1-4. Leigh Boland received the team MVP.



▲ Senior Rachel Gebo battles with an opponent while waiting to receive a pass.

Ludlow		Opponent
8	Chicopee	1
0	Cathedral	1
2	East Longmeadow	2
2	Central	0
1	Minnechaug	1
10	Amherst	0
2	Agawam	0
6	Chicopee Comprehensive	0
1	Longmeadow	2
2	Westfield	0
0	Cathedral	6
5	West Springfield	1
4	Agawam	0
5	Northampton	1
0	West Springfield	1
5	Holyoke	2
2	Longmeadow	0
2	Quarter Finals (Monument Mt.)	0
2	Semi-Finals (Chicopee)	0
0	Finals (Cathedral)	3

▲ JV player Jen Calkins demonstrates the technique needed to put the ball in the net.



A Fair Winter

After the fall season came the winter. Our winter sports consisted of skiing, wrestling, basketball, and hockey. Although the year did not go as well as Ludlow had hoped, it wasn't a complete disaster.

Principal Mr. James Cavallo said this year was a building year for the hockey team since it lost many key seniors last year. He said, however, "We did well considering." He also said that Ludlow needs more students to try out for the wrestling team. "In skiing we were very competitive and we also did well in basketball," Cavallo added.

"It was good." — Todd Fillion

All but one of the students interviewed in for this article agreed with Mr. Cavallo. David Victorino said, "The teams did the best they could with low numbers." Ryan Lemek, a member of the ski team, told us, "I was a little disappointed with the hockey season. Sally Carlos added, "The basketball teams did pretty good." And Michelle Nogueria added, "It was good." On the other hand, senior Jason Leandro stated, "It was bad."

Two sophomores, Jen Nascimento and Brian Nocracz, summed the winter season up the best. "It was fair," they said.

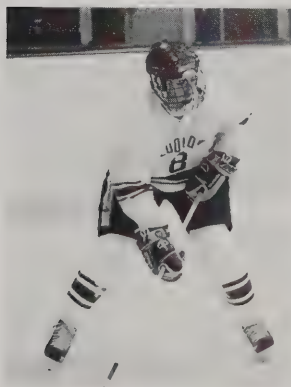


◀ Andrea Ruest leaps for the basketball as her opponent is about to do the same.

▶ Brian Bernard struggles to free himself from his opponent during a wrestling match.



▼ Jeff Dominique tries to keep possession of the puck so he can pass to an open teammate.



▲▲ Rich Huff is introduced as he slaps hands with varsity basketball teammate Todd Goncalves.

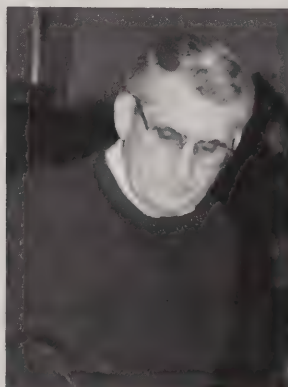
▲ Cindy Mateus almost loses control of the ball.

▶ Corey Tomlinson makes a save.





▼ Kathy Drozdowski carefully dribbles around another player in order to make her next move.



▲ Kevin Dolley
Corey Tomlinson
Coach Leonard Phelon
Coach William Kolodziej

Athletes of the winter season

Who do you think was Athlete of the Winter Season?

8 Votes
Jay Knowles

2 Votes
Mitch Knowles

1 Vote
Dan Alves

1 Vote
Nathan Torretti

1 Vote
Kris Page

1 Vote
Scott Lincourt

1 Vote
Andrea Ruest

SLAM DUNK

Although unable to make it to the Western Mass. Tournament, the LHS varsity boys' basketball team ended the 1993-94 season with an even record of 9-9. William Kolodziey, who coached the team for the third consecutive year, stated, "The team's strength comes from a very efficient first five and the overall height of the team."

The highlight of the season came when Jason Knowles reached his 1,000th point during the Lions' 51-61 loss at Chicopee High. Expecting to reach 1,000 before his graduation, Knowles stated, "Finally!" Kolodziey said of his very talented senior, "Jason is probably the hardest working player I have ever coached. He certainly deserves what he

has accomplished."

Under the strong leadership of the Knowles twins, Brian Nilson, junior Mike Alves, and sophomore Rich Huff, the Lions averaged 60 points per game. Receiving some of the awards at the annual basketball banquet were Jason Knowles, Most Valuable Player; Mike Alves and Rich Huff, Most Improved Players; Mitch Knowles and Brian Nilson, Iron Man Award; and Jeff Jablonski and Nick Nutting, Sixth Man Award.

The junior varsity team also had an exciting season with a record of 3 and 15. Coach Fred Glanville handed awards out to Jason Ragsdale, Most Valuable Player; Brian Nocrasz, Coaches Award; and Kevin Dolley, Lion Award.

Ludlow		Opponent
50	Chicopee Comp.	63
60	Longmeadow	60
57	Westfield	60
47	Cathedral	56
59	Holyoke	78
92	Minnechaug	55
71	East Longmeadow	46
59	South Hadley	53
59	Northampton	55
53	Greenfield	70
78	Chicopee	60
60	Amherst	63
60	East Longmeadow	47
72	South Hadley	50
52	Northampton	26
42	Greenfield	47
51	Chicopee	61
50	Amherst	64



▲ Taking the basketball from the referee, sophomore Rich Huff mentally prepares to take his free throws during a varsity game.



▲ Brian Nocrasz dribbles around an East Longmeadow opponent in hopes to score two more points for the JV team.



▲ ▲ Senior Jeff Jablonski powerfully makes another lay-up for the Lions.

▲ During a time out, Coach Kolodziey discusses with his players how to beat the opponent's defense.



▲ Varsity Row 1: Dan Morais, Todd Goncalves, Brian Nilson, Dave Davis, Mike Alves, Kevin Auffrey, Rich Huff. Row 2: Manager Jodi McCarthy, Coach William Kolodziey, Manager Urszula Sedzikowski, Jeff Jablonski, Mitch Knowles, Zbigniew Kraszewski, Jason Knowles, Nick Nutting, Manager Connie Alfaia, Manager Crystal Wrona.



▲ Junior Varsity Row 1: Mike Ingalls, Todd Orchulek, Chris Dudley, Kevin Dolley, Andy Dorval, Mark Eusebio. Row 2: Manager Urszula Sedzikowski, Coach Fred Glanville, Brian Nocrasz, Aaron Majka, Jason Ragsdale, Eric Otto, Dana Peabody, Manager Crystal Wrona, Manager Jodi McCarthy, Manager Connie Alfaia.



▲ With a look of determination, Coach Kolodziey looks on with extreme concern for his team.

Shooting Towards Victory

Under the leadership of Andrea Ruest, Sharon Tokarz, Michelle Cox, Kathy Drozdowski, and Debbie Carr, the varsity girls' basketball team had a satisfying year.

Although the season ended with a 6-12 record, the games were much closer than the record indicated. The Lady Lions lost to Ware High by only one point, to Monson by two, and to Holyoke Catholic by three, just to name a few.

The Lady Lions not only learned how to dribble, pass, and shoot through practice every day after school, but how to work together, as a team. The players could not take full credit for their accomplishments this year, however. Coach Leonard Phelon spent countless hours helping the team improve throughout the season.

Receiving awards for the 1993-94 season

were Andrea Ruest, Most Valuable Player; Christy Boyea, Most Improved Player; Angela Brennan, Defense Award; Cindy Mateus, Rookie of the Year; and Sharon Tokarz, Coaches' Award.

Coaching the junior varsity team for the first year was Jim Adamopolous. Awards were given to Anne Skora, Most Valuable Player; Angela Karalekas, Most Improved Player; Charli Asta-Ferrero, Defense Award; Christina DaCruz and Jessica Latour, Rebound Award; and Kim LaFayette, Coaches' Award.

The freshman team had a very successful season under first year coach Mark Jurga. Receiving awards were Megan Ketchum, Most Valuable Player; Lynda O'Malley and Leigh Boland, Most Improved Player; Tracy Haluch, Offense Award; Karla Psoter, Sportsmanship Award; and Mirella Misiaszek.

Ludlow	Opponent	
45	South Hadley	68
56	Putnam	26
47	Commerce	43
37	Holyoke Catholic	40
35	Southwick	49
36	Easthampton	53
27	Hampshire	49
29	Gateway	24
25	South Hadley	39
26	Southwick	49
44	Monson	46
35	East Longmeadow	24
32	Ware	24
32	Palmer	54
32	Monson	37
42	East Longmeadow	30
40	Ware	41
34	Palmer	54



▲ Grabbing the rebound, senior Kathy Drozdowski regains her balance.



▲ JV player Jen Nascimento dribbles the ball around a Southwick opponent.



▲ ▲ Going up for a lay-up once again, co-captain Andrea Ruest demonstrates her offensive technique.

▲ Michelle Cox battles for the opening jump which she successfully wins.



▲ Row 1: Christy Boyea, Desiree LaBrecque, Angela Brennan, Lynda Brennan, Kara Jorge, Cindy Mateus. Row 2: Coach Len Phelon, Kathy Drozdowski, Debbie Carr, Sharon Tokarz, Michelle Cox, Andrea Ruest, Megan Albright.



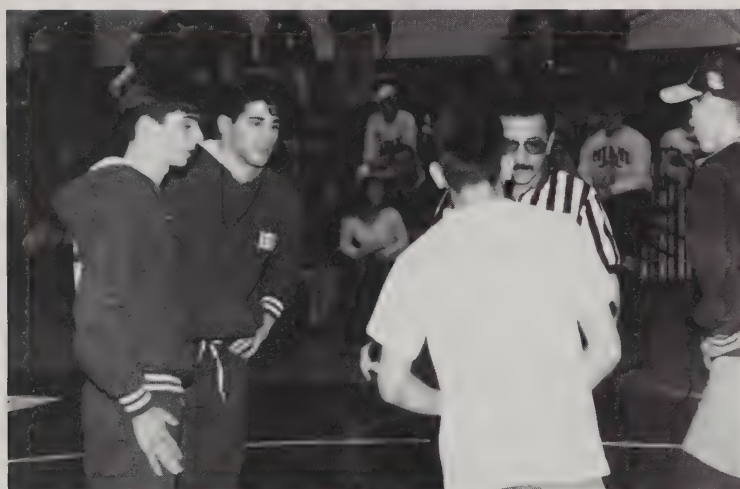
▲ Row 1: Melissa Rickson, Charli Asta-Ferrero, Becki Small, Tracey Dilley, Angela Karalekas, Anne Skora, Jennifer Nascimento. Row 2: Coach Jim Adampoulos, Lisa Bramucci, Kim Lafayette, Shelby Anderson, Jessica Latour, Christina DaCruz, Jackie Hafner, Jen Minnie.



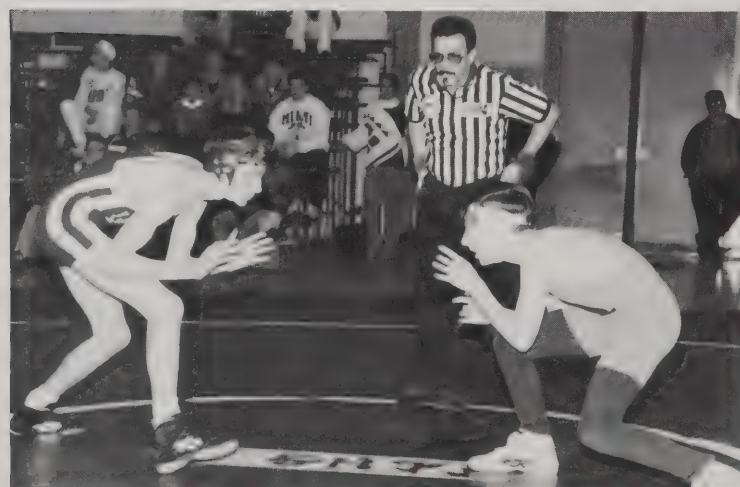
▲ Row 1: Tanya Laramie, Linda O'Malley, Leigh Boland, Melissa Provost, Tracy Haluch, Becky Siok, Amy Desautels. Row 2: Coach John Haluch, Coach Mark Jurga, Mirella Misiaszek, Megan Ketchum, Karla Psoter, Cheryl Rybak, Melissa Cislak, Manager Nancy Zina.



▲ Row 1: Dan Alves, Ray Antaya. Row 2: Jeff Butcher, Andy Widor, Bill Grassetti, Mark Hite. Row 3: Managers Cindy Chaves and Jennifer Ribeiro, Brian Bernard, Ed Aniolowski, Chad Nelson, Assistant Coach Rick Macavey, Coach John Cagiano.



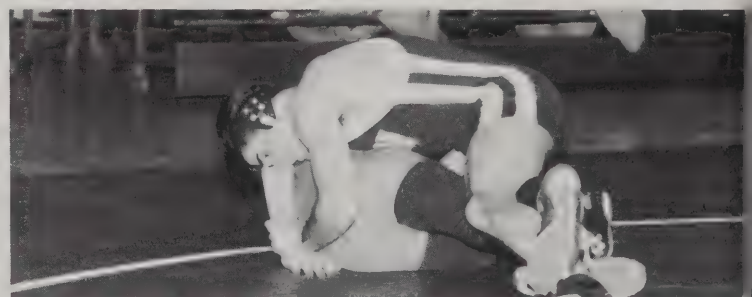
▲ Co-captains Dan Alves and Ray Antaya greet the other team's captains before the match.



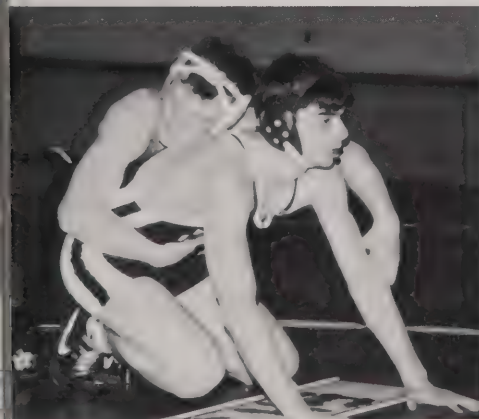
▲ Billy Grassetti prepares to begin the next round of his match.



▲▲ Andy Widor lunges forward to attack his victim as the referee blows the whistle.



▲ Captain Ray Antaya attempts to pin his opponent and win his six points for the team.



▲ Dan Alves concentrates as he awaits the beginning of the next round.

GOING FOR THE PIN!

Dedication. If you were to choose one word that accurately reflected the members of the 1994 wrestling team, that would be it. Their commitment to the team and to each other helped them to survive the rough season. Under the instruction of Coach John Cagiano, the team showed great potential and skill. Due to the lasting injuries and the poor turnout, the team suffered significant losses in wrestlers. The team captains, Senior Dan Alves and Junior Ray Antaya, felt the team worked hard even though it didn't achieve the results they expected. Dan Alves remarked, "The team re-

ally had a lot of potential, but all of our forfeits are what gave us a bad season."

Even though both Andy Widor and Brian Bernard placed fifth in their weight classes at the Western Mass. Tournament, the team was extremely disappointed when Captain Ray Antaya, who was placed on the 2nd All Western Mass. team, separated his shoulder.

The well-deserved awards were distributed at the banquet in April to Jeff Butcher, Coaches' Award; Andy Widor, Most Improved Wrestler; and Ray Antaya, Most Valuable Wrestler.



▲ Coach Cagiano watches over his team with the concerned anxiety of a coach.

Ludlow		Opponent
12	Putnam	61
14	Longmeadow	32
12	Agawan	63
18	Central	60
11	Westfield	57
27	Pioneer	45
18	Frontier	51
33	Cathedral	42
16	West Springfield	33
41	Commerce	24
40	Belchertown	12



▲ Varsity Row 1: James Ziembra, Adam Dorval, Chris Novelli, Adriano Genovevo. Row 2: Nathan Torretti, Andrew Kessler, Frank Lapointe, Kris Page, Jeff Sajak, Corey Tomlinson, Jeff Dominique. Row 3: Assistant Coach Tony Costa, Assistant Coach Al Tomlinson, Manager Caroline Leits, Jeremy Soja, Damon Markewicz, Adam Kiel, Brad Dakers, Brian Haney, Jeremy Rodrigues, Brian Walz, Chris Gelonese, Managers Cheryl Leits and Jaime Dominique, Coach Richard Malek.



▲ Junior varsity Row 1: Andrew Kessler, Matt Tarsa, Mike Assaf, Jeff Sajak. Row 2: James Ziembra, Tim Priest, Jeremy Soja, Chris Novelli, Derek Lonczak, Adriano Genovevo. Row 3: Coach Tony Costa, Mike Forcum, Jason Mazur, Keith Szemela, Erick Pereira, Donny Frago, Jeremy Rodrigues, Manager Amy Jodlowski, Jason Flebotte.



▲ Jeff Dominique shows that violence is part of the game of hockey.



▲▲ The referee drops the puck as Jeremy Rodrigues and his opponent both want control.

▲ Managers Cheryl and Caroline Leits, clipboards in hand, did faithful scorekeeping throughout the season.



▲ Frank Lapointe stops skating for a minute and regains his composure.

SKATING TO SCORE

The varsity hockey team had a pretty good season this year, but also a disappointing one, coming off of a Western Mass victory in 1993. The record at the end of the season was 10-8-1.

Coached by Richard Malek and Assistant Coach Al Tomlinson, the boys had a tough season starting with a lot of new players. The team had a few great games and many close ones.



▲ Brian Haney warms up before a match with Amherst.

The pucksters beat Greenfield in a troublesome game by a score of 4-2. They also beat Westfield by a score of 3-1.

The varsity team then went on to the Western Mass Division III tournament and played against Westfield once again. Unfortunately, the team didn't play up to its full ability and lost by a score of 3-5. So ended the season for this year's hockey team.

Ludlow	Opponent	
1	Westfield	3
2	Agawam	4
3	West Springfield	6
2	Amherst	4
4	Minnechaug	4
11	Central	1
7	East Longmeadow	2
3	Greenfield	6
12	Easthampton	1
3	Westfield	1
3	Longmeadow	4
9	Easthampton	0
3	South Hadley	0
18	Chicopee	1
2	South Hadley	0
4	Greenfield	2
3	Central	0
2	East Longmeadow	3



DOWN THE SLOPE!

On any typical day during the winter sports season one can see the members of the Ludlow High School ski team gathering their equipment after school preparing for another day on the slopes. The ski team's day consists of a long ride in the school van, a frosty trip on the summit, and an exhilarating race down the slopes.

Gloves, goggles, skis, poles, and boots were only a few of the essentials needed to make the racers ready with the temperature

dropping, the wind blowing, and the snow falling. When the gates were set, the skiers were ready and willing to give it all on the slopes of Berkshire East. The team held regular practices to improve skills and build endurance.

It was effort and hard work that led the team to a sixth place finish. Although their performance was not spectacular, many of the members of the team were satisfied with the season.

January 6	6th
January 11	5th
January 13	6th
January 18	7th
January 25	6th
February 3	5th
February 10	6th



▲ Tanya Casimiro speeds down the slope in a tucked position.



▲ Coming down towards the end of the slopes, Mike Surriera completes the slalom gates.





▲ Row 1: Nelson Rodrigues, Scott Lincourt, Ryan Lemek. Row 2: Todd Fillion, Kristy Thompson, Melina Louvitakis, Tanya Casimiro. Row 3: Christie Thomas, Rebecca Thomas, Coach James Lonczak.



▲ Nelson Rodrigues whips past the final gate on the slopes of Berkshire East.



▲ ▲ With refined skill, Ryan Lemek attacks the last gate with the technique of a professional.

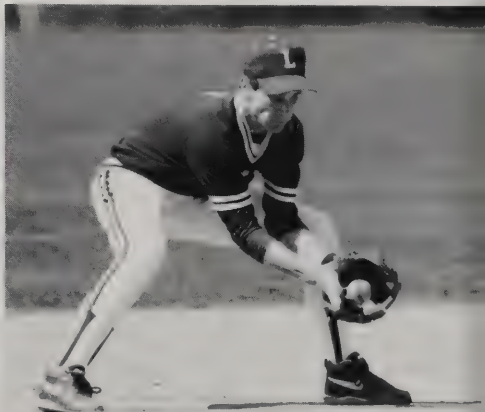
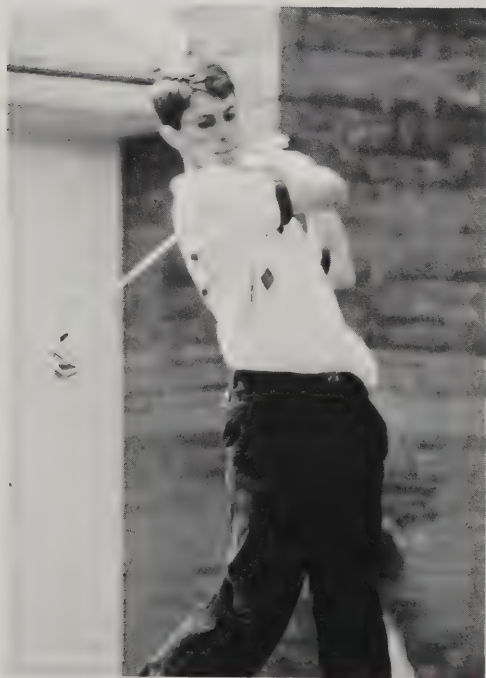
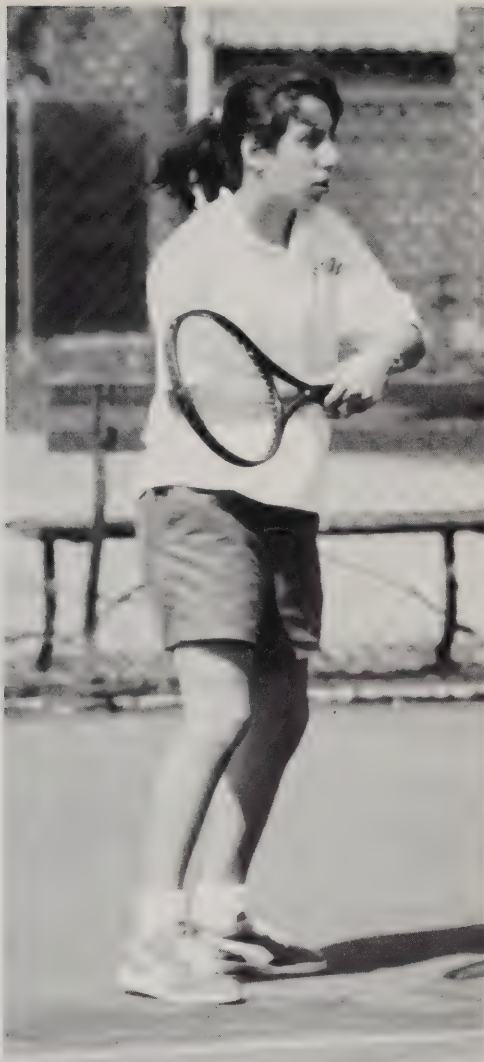
▲ Nearly unrecognizable, Rebecca Thomas sports the helmet which is now required for league races and recommended for all practices.



▲ Kristy Thompson weaves in and out of the gates as she makes her way down to the bottom.

► First singles tennis player, Jen Amaral, intensely awaits her opponent's serve.

SPRING DIVIDER



▲ Shawn Prophet, first place winner in the Western Mass. Tournament, shows his winning swing.

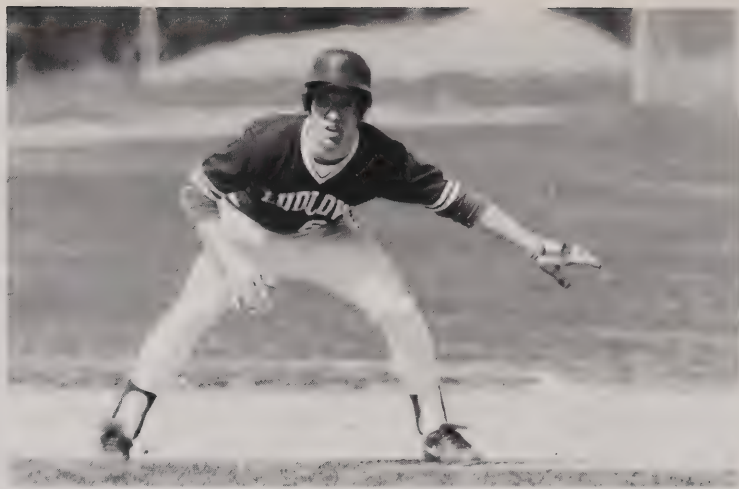
▲ Senior Lee Tatro uses all his might to toss the shot put.

▲ Varsity shortstop Jeff Lawler makes another great infield play for the Lions.



▲ ▲ Angela Karalekas demonstrates her individual long jumping technique.

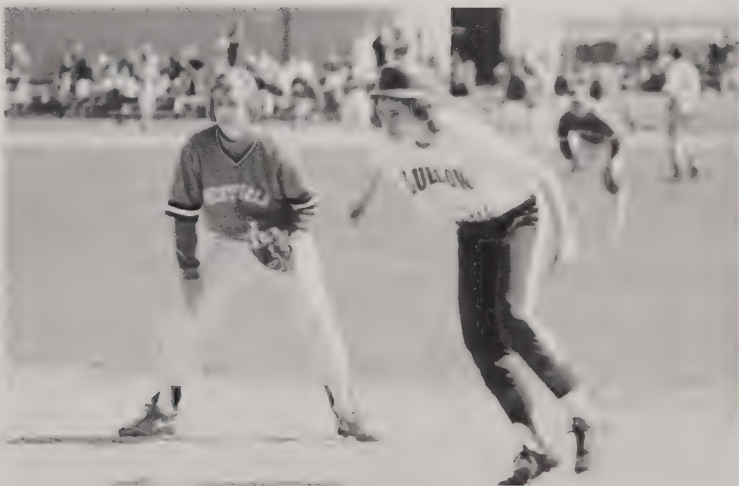
▲ Tanya Casimiro struggles to make a clear jump over the high jump bar.



▲ Nick Nutting takes a daring lead toward third base during a varsity game.



▲ Christy Boyea, third place winner for the long jump in Western Mass., begins her leap.



▲ Stephanie Babinski, varsity softball player and valedictorian, prepares to steal second base.



FORE!

The golf team this year had a fair season. It was Coach Larry Holdsworth's 17th year of coaching. Justin Labier was Ludlow's top golfer and he made the Western Mass. tournament. Another junior, Shawn Prophet, also made the tournament. Labier even went to the states and was the best among the Western Mass. golfers.

The team played its home matches at Westover Golf Course. It was led by returning players Brad Dakers, Justin Labier, and Shawn Prophet. The seniors on the team, Brad Dakers, Damon Markiewicz, and Gabe Canelas, proved to be good leaders.

The team's record ended at 8 and 9. Since there were many newcomers, this record is outstanding.

Ludlow		Opponent
12	Chicopee Comprehensive	6
2.5	Minnechaug	15.5
2	Longmeadow	16
10	East Longmeadow	8
14.5	Amherst	3.5
14.5	Chicopee Comprehensive	3.5
3.5	Agawam	14.5
6.5	South Hadley	11.5
10	Minnechaug	8
6	Chicopee	12
11	East Longmeadow	7
18	Amherst	0
3	Agawam	15
3	Longmeadow	15
10	West Springfield	8
5	Chicopee	13
5.5	South Hadley	12.5



▲ Shawn Prophet comes inches away from the hole.



▲ Dave Ostrowski takes a break during a golf match.

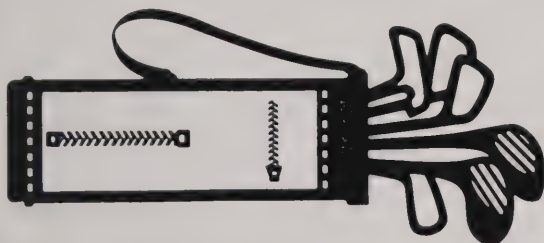


▲ Golf Team

Row 1: Dave Ostrowski, Adam Kiel, Matt Goncalves, Damon Markiewicz. Row 2: Coach Larry Holdsworth, Brad Dakers, Justin Labier, Gabe Canelas, Derek Swistak, Shawn Prophet, Manager Amy Zeo.



▲ Western Mass. tournament participant Justin Labier follows through with his swing.



▲ ▲ Senior golf team member Brad Dakers was instrumental to the team's success throughout the year.



▲ Coach Larry Holdsworth puts his arm around Gabe Canelas to relax him before it is his turn.



▲ Varsity Row 1: Brian Nilson, Tom Widor, Mitch Knowles, Andy Widor. Row 2: Chris Moore, Ray Antaya, Ross Cocchi, Marc Carneiro, Kevin Auffrey, Kevin Dolley, Jeff Lawler. Row 3: Assistant Coach William Kolodziey, Steve Marino, Dave Davis, Nick Nutting, Mike Alves, Manager Urszula Sedzikowski, Coach Lou Casagrande.



▲ Junior Varsity Row 1: Andy Dorval, Derek Lonczak, Phil Monette, Chris Goncalves. Row 2: Jeff Butcher, Corey Tomlinson, Jake Dorval, Jason Mazur. Row 3: Coach Brian Bylicki, Mike Wells, Brian Nocrasz, Matt Misiaszek, Aaron Majka, Todd Orchulek.



▲ Freshman Row 1: Matt Tarsa, Alan Gates, Scott Pelletier, Rob Hogan. Row 2: Jeremy Soja, Michael Coddling, Justin Bailey, Jorge Goncalves, David Buckley. Row 3: Coach Martin Fanning, Mark Quiterio, Mike Gove, Mike Diamond, Ken Haney, Manager Erica Martins, Manager Jessica Batalha, Manager Tanya Long.

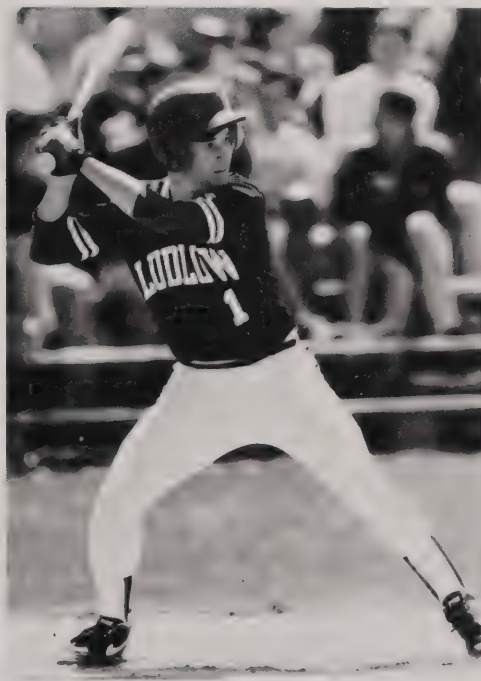


▲▲ Captain Tom Widor and catcher Ray Antaya discuss how to pitch to the next batter.

▲ Mitch Knowles creates a cloud of dust as he slides into second base.



▲ Marc Carneiro makes the game of baseball look easy with this play.



▲ Shortstop Jeff Lawler demonstrates the perfect technique that makes him an All-Star.

HOMERUN!

The 1994 varsity baseball team had a strong season but ended in disappointment. The Lions had a chance to make the playoffs needing just one win in the final week of the season; but they fell just short.

Seniors Tom Widor, Andy Widor, Mitch Knowles, Brian Nilson, and Marc Carneiro led the team this year. Tom Widor and Brian

Nilson pitched solidly. Andy Widor was a plus off the bench and Marc Carneiro was excellent at second base.

Highlights from the season included an upset over East Longmeadow with Widor pitching and a shutout over Chicopee High with Steve Marino on the mound. The Lions were coached by Lou Casagrande and Bill Kolodziey.

Ludlow	Opponent
3	Palmer 0
10	Palmer 6
9	Minnechaug 2
7	Central 0
11	Longmeadow 6
4	Westfield 11
6	Cathedral 12
4	West Springfield 6
4	Amherst 3
5	Agawam 2
1	Chicopee Comprehensive 5
5	Holyoke 2
1	Northampton 5
5	East Longmeadow 2
8	Chicopee 0
2	South Hadley 3
2	Northampton 5
6	East Longmeadow 16
9	Chicopee 1
6	South Hadley 7

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PLAY BALL!

Inexperience was the downfall for the 1993-94 softball season. Under first year head coach Nancy Kurty, the Lady Lions ended with a record of 2-17.

The highlight of the season came when the team won its first game against Longmeadow High with a score of 12-11. The hero of the day was junior Renee Forzano who stole home base during the final minutes of the game.

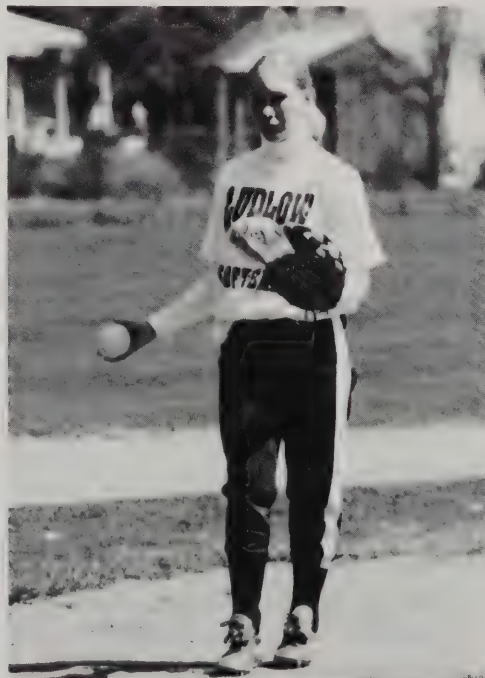
Tri-captains Sharon Tokarz, Debbie Carr, and Kathy Drozdowski were a terrific asset

to the team. Pitchers Amy Jodlowski and Andrea Markiewicz shared their time on the mound and junior Andrea Ruest and Renee Forzano had many fabulous plays for the Lady Lions.

Contributing countless hours at Whitney Park and on the road with her team, Coach Kurty stated, "I saw tremendous improvement from the beginning of season all the way up to the end. The players were forced to play positions that they weren't used to playing and did a great job."

Ludlow		Opponent
8	Palmer	22
2	South Hadley	18
7	Cathedral	16
2	Agawam	16
8	Westfield	23
0	West Springfield	19
0	Minnechaug	13
2	Central	7
2	Amherst	17
12	Northampton	13
12	Longmeadow	11
0	Chicopee Comprehensive	16
3	Holyoke	12
8	Chicopee	21
2	Chicopee Comprehensive	15
4	East Longmeadow	14
4	Chicopee	12
12	Palmer	10
1	Holyoke	13
1	East Longmeadow	24

S



▲ Amy Jodlowski, Ludlow's finest softball pitcher, gets ready to wind and throw.



▲ As the ball nears Kathy Drozdowski, she prepares swing.



▲ ▲ Tri-captain Debbie Carr demonstrates that it takes a strong arm to play softball.

▲ Jessica Summerlin prepares to make another incredible catch for the Lady Lions.



▲ Varsity

Row 1: Anita Poon, Sharon Tokarz, Kathy Drozdowski, Debbie Carr, Beth Szemela.
Row 2: Andrea Markiewicz, Kara Jorge, Helena Pereira, Stephanie Babinski, Jessica Summerlin, Debbie Kropp. Row 3: Manager Karen Cuthbert, Amy Jodlowski, Shelby Anderson, Sabrina Gallo, Renee Forzano, Lynda O'Malley, Coach Nancy Kurty.



▲ Junior varsity

Row 1: Charli Asta-Ferrero, Colleen O'Donnell. Row 2: Jennifer Minnie, Jennifer Fitzgerald, Jessica Latour, Stacy Mallieau. Row 3: Coach Susan Jerz, Jaclyn Kareta, Melissa Rickson, Cheryl Leits, Melanie Kareta, Kim Lafayette.



▲ Freshman

Row 1: Tracy Haluch, Melissa Provost, Karla Psoter. Row 2: Shawna Gaudette, Dawn Grimshaw, Leigh Boland, Fatima Barroso. Row 3: Manager Lisa Bramucci, Becky Wright, Chrystal Vieira, Adela Flores, Melissa Cislak, Amy Hudon, Coach Susan Stachelek.



▲ Row 1: Brian St. Pierre, Jeff Jablonski, Keith Roxo, Lee Tatro, Jason Leandro. Row 2: Kevin Pyzocha, Marco Ferreira, Eric Otto, Brian Carvalho, Sean Thompson, Jeremy Picard. Row 3: Coach Carl Ericksberg, David Buntin, Jason Minich, Joe Goodreau, Nick Matthess, Chris Root.



▲ Row 1: Katie Marino, Yvonne Santos, Christy Boyea, Sandy Pinto, Jessica Jamroz, Beth Lemek, Shannon Self. Row 2: Angela Karalekas, Paula Teixeira, Melina Louvitakis, Tanya Casimiro, Renee Widor, Angela Brennan, Melissa Rodrigo, Lynda Brennan, Heather Burtch, Tracey Dilley. Row 3: Coach Joe Sloszek, Sarah Pike, Jennifer Cyranowski, Cheryl Barry, Ana Pereira, Jamie Dominique, Megan Albright, Albertina Rua, Christy Thompson, Angela Malaquias, Coach Phil Dalessio.



▲ Sandy Pinto makes her first jump in one of her events, the triple jump. In May her long jump of 16'2" set a new LHS record.



▲▲ Western Mass. shotput champion Jeff Jablonski prepares to throw the heavy ball.



▲ Lee Tatro and Marco Ferreira are close behind their Amherst opponent.



READY! SET! GO!

The boys' track team was composed of five returning seniors. The team had a respectable record including four wins. Their record could have been better though if they did not have to give up nine points each meet due to the absence of pole vaulting equipment.

On a brighter note however, Lee Tatro won the 100 meter dash at every meet and Jeff Jablonski always scored points by competing in many events. Four members were sent to the PVIAC meet. They also sent four members to Western Mass where Tatro came in

3rd in the 100 meter dash; Jablonski 1st in the shot put; the relay team — Roko Pyzocha, Jablonski, Tatro — had a respectable finish.

The girls' track team did well too. Sandy Pinto almost always won the 100 meter dash and Christy Boyea exceeded in the long jump. Their relay team at Western Mass. consisted of Beth Lemek, Sandy Pinto, Christy Boyea, and Angela Brennan. Christy made it to the states for her event after placing third in Western Mass.

Boys' Track		
Ludlow		Opponent
45	Southwick	100
59	East Longmeadow	77
74	Holyoke Catholic	46
46	Amherst	95
51	Chicopee	85
45	Northampton	99
52	South Hadley	84

Girls' Track		
Ludlow		Opponent
35	Minnechaug	100
49	Southwick	87
88	East Longmeadow	48
110	Holyoke Catholic	26
100	Holyoke	36
67.5	Palmer	68
65	Chicopee	
53	South Hadley	85

▲ Yvonne Santos holds the starting block as Christy Boyea gets set for the 200 meter race.



IN THE SWING OF THINGS!

The girls' tennis team had an outstanding season this year, ending with a record of 10-5. The girls played well against Central (4-1), Holyoke (5-0), and Palmer (4-1).

Jen Amari led the team as the first singles player, with Melissa Pollard close behind as second singles. Ellen Pichey and Desiree LaBrecque started off the season as first doubles, but the first and second doubles team changed continuously.

Unfortunately, the boys' tennis team did not do as well as the girls', with a record of 3-13.

Joe LaHait was captain and first singles player. Todd Goncalves at second singles, played well in many matches, although he did not win many of his matches. Zbigneiw Kraszewski, as a first year tennis player, did well as part of the first doubles team.



▲ Danny Pires uses all his strength to hit the ball over the net.

Girls' Tennis		
Ludlow		Opponent
3	South Hadley	2
4	Northampton	1
1	West Springfield	4
4	East Longmeadow	1
0	Longmeadow	5
4	Central	1
2	Minnechaug	3
4	Cathedral	1
5	Holyoke	0
1	Amherst	4
5	Westfield	0
5	Palmer	0
3	Chicopee Comprehensive	2
2	Agawam	3

Boys' Tennis		
Ludlow		Opponent
2	South Hadley	3
1	Northampton	4
1	West Springfield	4
2	Commerce	3
3	East Longmeadow	2
0	Longmeadow	5
3.5	Central	1.5
1	Minnechaug	4
1	Cathedral	4
3	Holyoke	2
3	Minnechaug	2
0	Amherst	5
0	Westfield	5
3	Commerce	2
5	Chicopee Comprehensive	0
3	Agawam	2





▲ Row 1: David Rauh, Joe LaHait, Todd Goncalves. Row 2: Zbigniew Kraszewski, Sergiusz Paluch, Chris Gelonese, Dan Pires, Coach Matthew Rovetto.

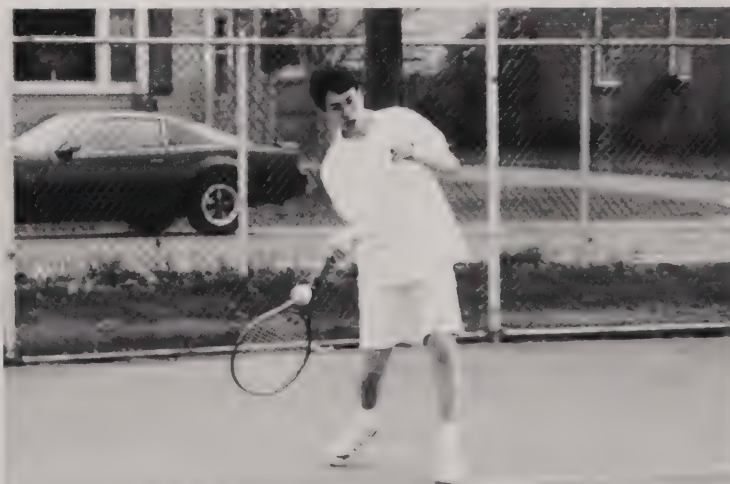


▲ Row 1: Debby Ribeiro, Jen Amaral, Ellen Pichey, Christina Alves. Row 2: Maria Medina, Cheryl Rybak, Melissa Pollard, Tina Fernandes, Stephanie Salvador. Row 3: Andrea Kerr, Allison Costa, Sally Carlos, Lisa Goncalves, Christina Pereira, Desiree LaBrecque, Coach John Carlin.

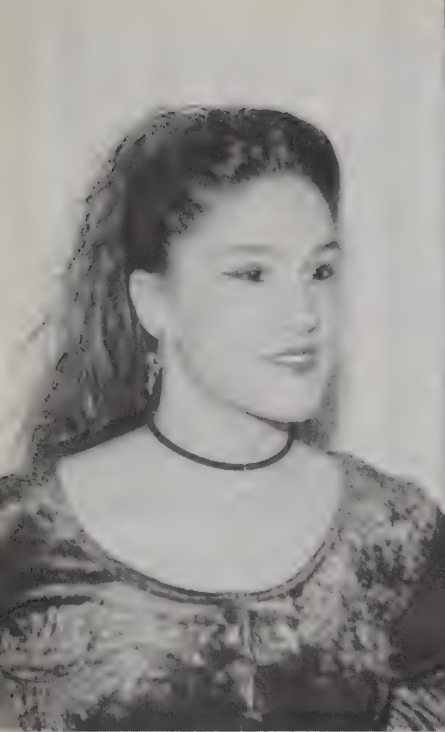


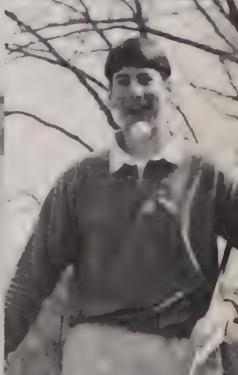
▲ ▲ Ellen Pichey reaches high above her head to make contact with the ball.

▲ Allison Costa looks on as Lisa Goncalves prepares herself to receive a serve.



▲ During a singles match David Rauh uses a topspin forehand to trouble his opponent.





LOCAL EVENTS

L.H.S. Athlete of the Week

Students protest

*L.H.S. hockey
at awards*

*L.H.S. senior class prepares for
'94 Unplugged*

*Ludlow's largest concert
brings harmony*

*The grass is
greener in Toronto*

*Two L.H.S. students suspended
after making weapons in shop class*

decision to cancel pep rally

Claudia Ciempa for selectman

Ciempa, Harrington win-

***team honored
banquet***

**Ludlow lottery winner claims
\$1 million prize, splits it with friend**

**CATHEDRAL DEFEATS
LUDLOW TEAMS**

Bicycle helmets: It's the law

1 9 2 9 - 1 9 9 4

JACKIE

NATIONAL EVENTS

The Star

Fault, Miss

O.J. spends Father's Day in jail

WHITEWATER DEEPENS

BASEBALL'S WACKY
WILD-CARD GIMMICK

MICHAEL JACKSON: The End of Innocence?

Crossed Olympics

Schindler Comes Home

LOUIS FARRAKHAN

Capriati

Under the Gun In Sarajevo

WorldCupUSA94 

Coming to Praise Nixon



Class Vocalists
Kathy Bamford and Pedro Serrazina



Class Musicians
Ray Saloio and Pam Pyzocha (not photographed)



Class Athletes
Jeff Jablonski and Sandy Pinto



Favorite Teacher and His Pets
Kim Kedziorek, Mr. David Larrivee, and Ellen Pichey (not pictured — Danielle Costa)



Nicest Smiles and Nicest Eyes
Marc Carneiro and Urszula Sedzikowski

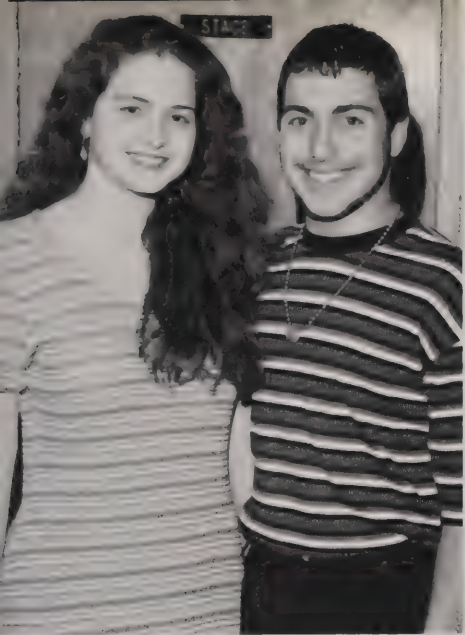


Class Flirts
MacCabe Gallagher and Kate Chaconas



Most Disorganized — Kathy Bamford
Most Organized — Tracy Sepiol





Class Dramatists
Erica Piesz and Pedro Serrazina



Class Couple
Amy Mateus and Jim O'Donnell



Most Changed
Jeff Dominique and Michelle Cox

Class Laugh
Cindy Chaves



Class Scholar
Stephanie Babinski



Class Inseparables (female)
Lisa Ganhao and Sue Ferreira



Most Beautiful and Most Handsome
Melissa Calheno and Lee Tatro



Class Optimist and Class Pessimist
Kim Kedziorek and Kathy Bamford

► Most Talkative
Jeff Jablonski



▲ Best Dressed
Joe LaHait and Lisa Poitras



▲ Most Friendly
Pedro Serrazina and Urszula Sedzikowski



◀ Most Involved
Tom Widor and Tracy Sepiol



◀ Class Inseparables
Tom Matera and Eric Wolcheck
▶ Most Gullible and Most Talkative
Maria Ribeiro



▲ Most Likely To Succeed
Anita Poon

Class Artist
Jennifer Ribeiro

Class Clowns
Michele Cox and Ray Saloio

Class Individualist
Michele Cox

Most Shy
Corey Costa and Pam Pyzocha

Class Song
“Learning to Fly”

Class Hangout
McDonalds

Senior Siblings

This year we had many senior siblings. Even the editor of the yearbook had a younger brother. Most brothers and sisters fight at a young age. For the most part, they become mature as they enter high school. They may become close and even become best friends.

Unfortunately, very few siblings were able to be pictured on these two pages. Others are: Leonor and Maria Afonso; Christina and Dan Alves; Fernando and Jose Alves; Julie and Shawn Anderson; Christopher and Elizabeth Barroso; Denise and Jessica Batalha; Elaine and Michael Batista; Ian and Jacob Bissaillon; Carolyn and David Buckley; Dan, Jim, and Joel Canoa; Christopher and Matthew DiSanti; Jason and Justin Dobson; Erin and Evan DuFresne; Kevin and Wendy Dunbar; Antonio and Mark Eusebio; Angelina and Christina Fava; Alice and Dan Fernandes; Steve and Michael Forcum; Elizabeth and Sandy Fortunato; Anabela and Emily Gomes; Dennis and Sandy Gomes; Cecilia, Joao, and Julia Goncalves; Amber and Amy Hewes; Heather and Jeffrey Hiorns; Karla and Kevin Laramée; Jason and Jeff Leandro; Caroline and Cheryl Leits; Jeff and Steve Martins; Alice and Jennifer Nascimento; Amy and Keith Nogueira; Karen, Nancy, and Sharon Nogueira; Keith and Kevin Nunes, Brian and Kris Page; Kevin and Pam Pyzocha; Janet and Kim Richard; Jeff and Mike Salvador; Kevin and Nick Schwerdtfeger; Michelle and Stephanie Skarbek; Jessica and John Summerlin; Beth and Keith Szemela; Nathan and Nick Torretti; Neil and Rosemary Vermette; David and Timothy Vitorino; Renee and Tom Widor; Beata and Elzbieta Wojtowicz; and Eric and Karen Wolcheck.



▲ Pedro and Robert Gomes



▲ Jeffrey and Jaime Dominique



▲ Mitchell and Jason Knowles



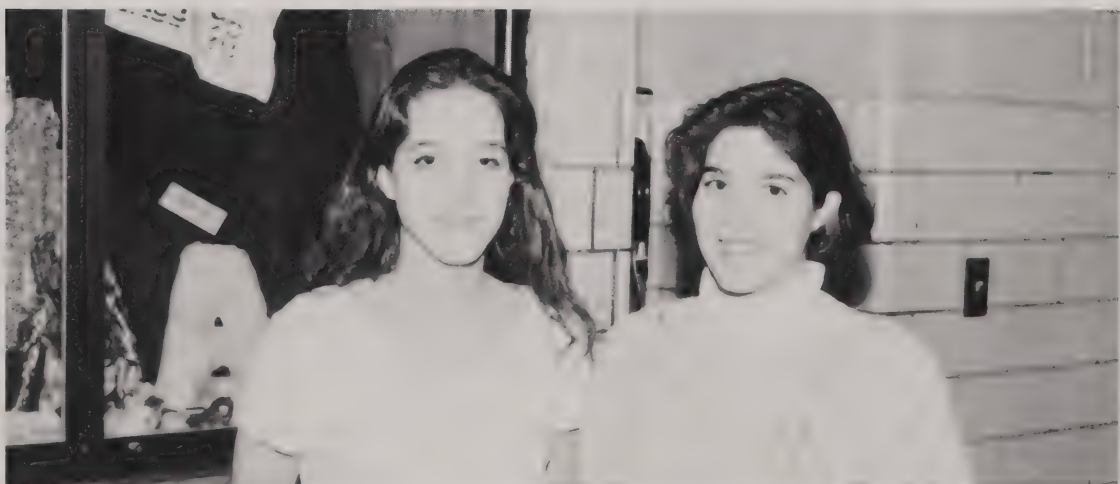
▲ Jim and Colleen O'Donnell



▲ Caterina and Ricardo Queiroga



▲ Amy and Cindy Mateus



▲ Allison and Danielle Costa

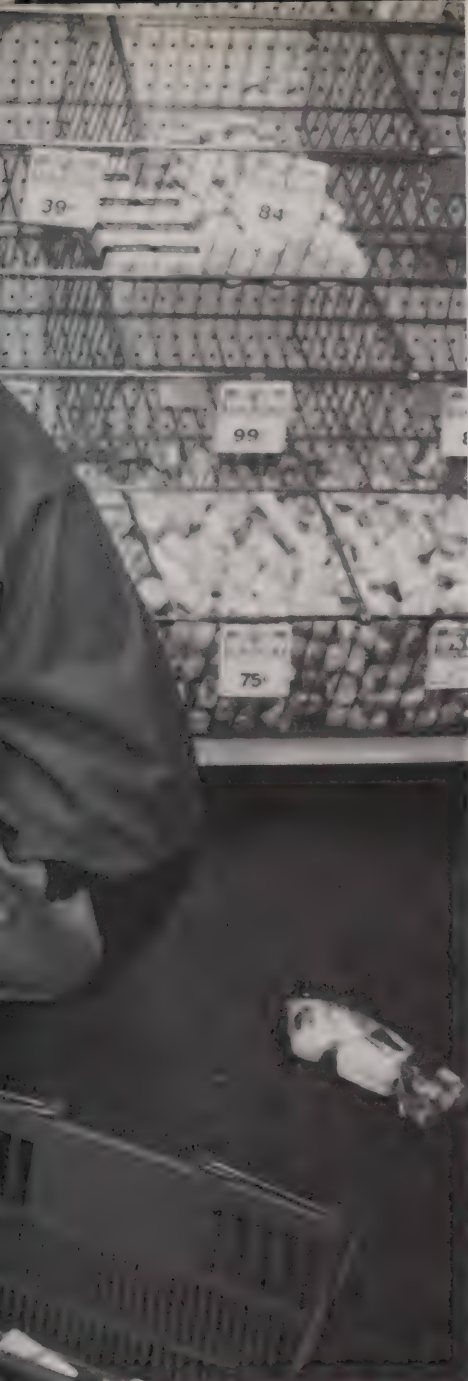
Where can you get a \$1.00 Value Meal? Why McDonalds of course! In addition to studies, sports, and extracurriculars, many students hold part time jobs. Sometimes the reason for this is the money. Sue Rodrigues says she needs the money for college and car insurance. Renee Forzano says she works because it is the only way she can get out of the house. Most students work locally at the Double D dairy bar, Big Y, or the fast food chains. Others go further, however, and work in the Eastfield Mall or Eblens across the street. Nevertheless, it takes a lot of responsibility to work and to keep up with studies.



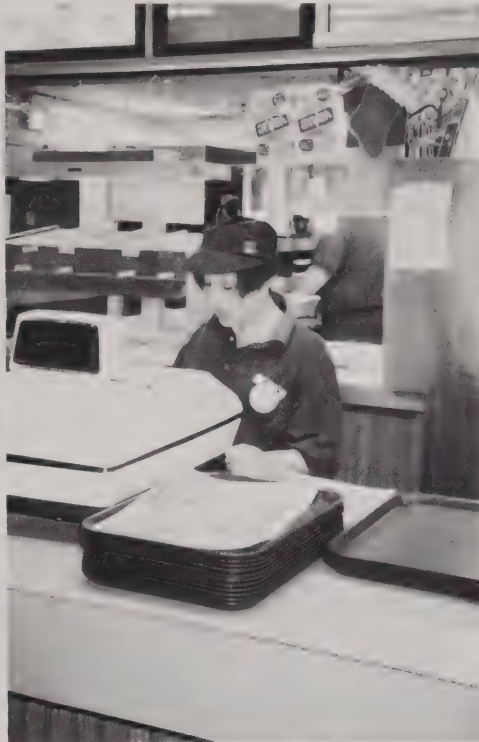
▲ Jason Dobson, who works at the new Super Big Y, gets ready to bag a shopper's groceries.



▲▲ At CVS, Ana Pereira keeps busy by restocking the shelves in the trial size area.
▲ Super Big Y employs Cathy McGaffigan, Mary Debarge, Corey Kincaid, and Scott Rinaldi.



▼ Jennifer Passerello works the cash register at Burger King.



▼ After school you can find Sue Rodrigues waitressing at Friendly's.



▲ McDonald's is where Liz Barroso, Jennifer Nascimento, and Jacob Bissaillon make some extra money.



▲ Paula Teixeira smiles for the camera while pouring some diet coke.

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ports and Organizations are usually held outside of school. Academics, however, are not. They are held within the school day.

Art has many different classes throughout the day. These include ceramics, Art I-III, and Art Major. The Art Department holds an annual Art Exhibition in June to display the students' accomplishments of the year.

Band is held every day and all the grades meet. The band has various performances during the year. The band performs at Christmas, in the spring, at graduation, at jail ceremonies, and more. This year awards and certificates were handed out at the first band banquet.

The concert choir also meets every day, the same as the band does. Concert choir performed at Christmas, in the spring, and at graduation. Both the band and choir members have the opportunity to audition for western district which is held outside of school.

The AP government class taught by Mr. Larrivee went to Washington D.C. in April. There were not enough people from the AP class so it was opened up to any government student. Ludlow went with Southwick High School again and visited many places including the White House.

Finally Pro Merito, Ludlow's chapter of the National Honor Society had its induction in April. Miss Susan Dibble did a fantastic job once again in putting it all together. In order to be inducted, students must have a 3.4 grade point average, leadership (holding an office), character (discretion of the faculty), and service (three community service projects).

C

A





◀ Band members and Miss Koch attentively watch a football game.

▼ The reflection of trombone player John Debarge can be seen in this horn.



▲ Nancy Nogueira, Amy Mateus, and Heather Tereso wait to warm up for the choral concert.

■ Freshman Alyssa Rosario sang "From A Distance" and received much applause.



▲ This is Tom Matera's version of Variations. Tom was an Art Major.



March!

This year the band took part in many activities including a Christmas concert, a spring concert, and the MICA festival. At the MICA festival the band received a silver medal. In addition, four flutists, Kim Kedziorek, Anita Poon, Elizabeth Bunten, and Michelle Cushing went to the MICA individual festival and received gold medals.

The band also sent seven students to the Western Massachusetts Music Educator's Association district festival. They were Elizabeth Bunten, Michelle Cushing, Tim Sliski, David Bunten, Jeremy Greene, Becky Lewison, and Pam Byzocha. Tim, David, and Elizabeth also received All State Recommendations and Tim made the All State Band. Three of the band's freshmen, Heather Mariani, Kristle Lariviere, and Mike Codding made the Jr. festival. Fifteen musicians participated in the Quabbin Valley Band. About twenty members took their February vacation to remodel the band room.

The band didn't end its year though until Class Day and graduation. The featured piece at graduation was "Symphony No. 3 Finale" by Gustav Mahler.



▲ The band's conductor, Miss Cindy Koch, was well appreciated throughout the entire year.



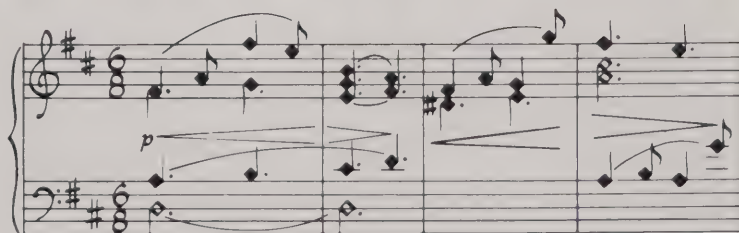
▼ After playing the trombone his freshman and sophomore years, Jeff Jablonski increased his size and his instrument in his later years. He moved on to the largest instrument of the band, the tuba.

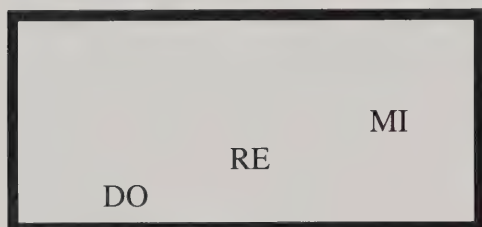


▼ Michelle Cushing, Kim Kedziorek, Eric Nelson, Erick Pereira, Ben Gaumond, and Carolyn Buckley play "Bleacher Features" in the stands.
 ▼▼ On the trumpet, Andrea Ruest plays the *Aladdin* hit "A Whole New World" during halftime.



◀ When the band goes on break during the third quarter of a football game, their instruments are laid to rest on the bleachers.





The concert choir had an awkward time this year. Its former director, Ms. Debi Ferrendino decided she was no longer going to teach in Ludlow. In January Mr. Michael Rheault began his duties as the new choral director.

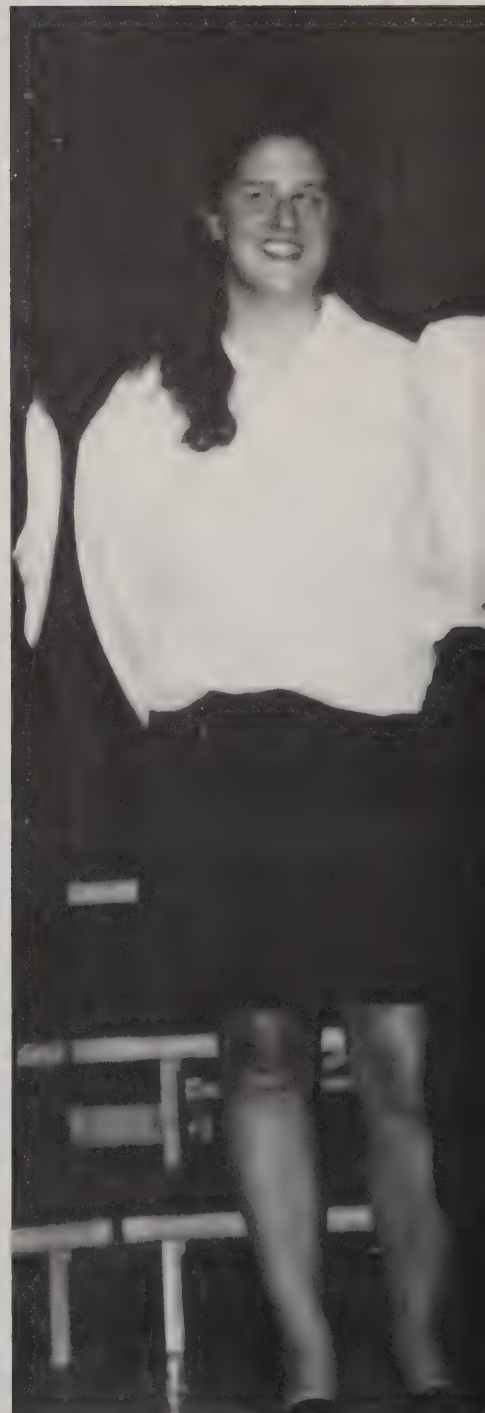
The students went through some rough times, but the response and support of the public was encouraging. Concert choir performed a spring concert and sang at graduation. In addition, many students were accepted into the Massachusetts Music Educators' Association Western District Festival and a few even went to the states.



▲ Looking very professional, Jen Schimmel received a great deal of applause after completing her solo.



▲ New choral director Michael Rheault was warmly welcomed.



▼ Dan Rescia did his solo with accompaniment from the freshman girls.

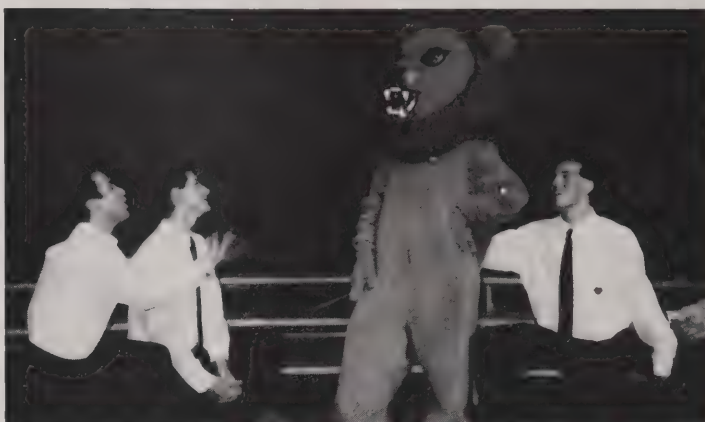


◀ In their pajamas, Erin Campana, Alyssa Rosario, and Marge Armitage were the cutest.

▶ Some of the concert choir members are: Row 1: Debbie Ribeiro, Michelle Goncalves, Amy Mateus, Heather Tereso, Nancy Nogueira, Caroline Leits, Jen Schimmel. Row 2: Pedro Serrazina, Adam Rivest, Jorge Vieira, Diane Pielecha, Nicole Giroux. Row 3: Coryn Silva, Sara Minich, Jessica Summerlin, Ana Maia, Dan Rescia, Jim Maio, Melissa Strycharz, Renee Antaya.



▼ Pedro Serrazina, Jim Maio, and Adam Rivest sing "The Lion King."



▼▼ The program ended with "Memory" sung by Caroline Leits.



▼ This is one of several murals that a group of students made.



FRAME IT!

This year's art fair was held in the gym four. Artwork from every study who took art this year had something displayed. There were a variety of things to see as usual. The exhibitions ranged from ceramics to paintings.

The students received a lot of recognition as well. During the day if students had a study, they were allowed to go to the fair. Many took advantage of this. In addition, Veterans Park students visited it as well during their art classes. All in all the fair went well and received only positive remarks.



▲ Art Three was the place where Scott Molway constructed this monster.



▲ Dan Pederneira made this three dimensional artwork in his Art III class.



▼ Art Major Todd Messinger painted this picture of the Ludlow mascot, the lion.



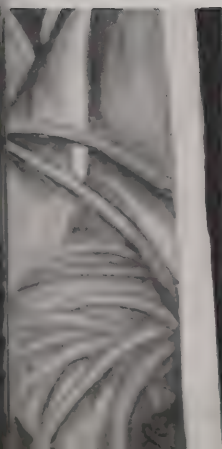
▼ Dan Fernandes painted this still life.



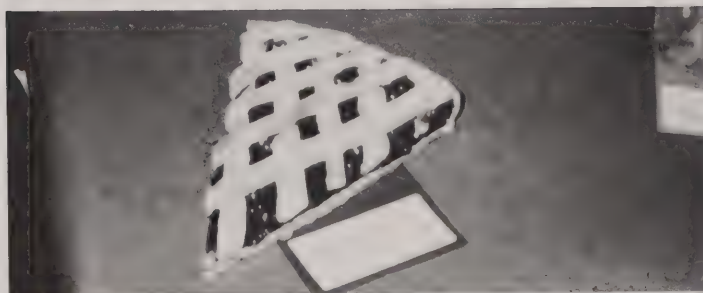
▼▼ Sue Alves, Charli Asta-Ferrero, Christy Boyea, and Jackie Hafner enjoy the art show.



◀ Senior Carolyn Robert, who also won the Art Award at graduation, painted this picture.

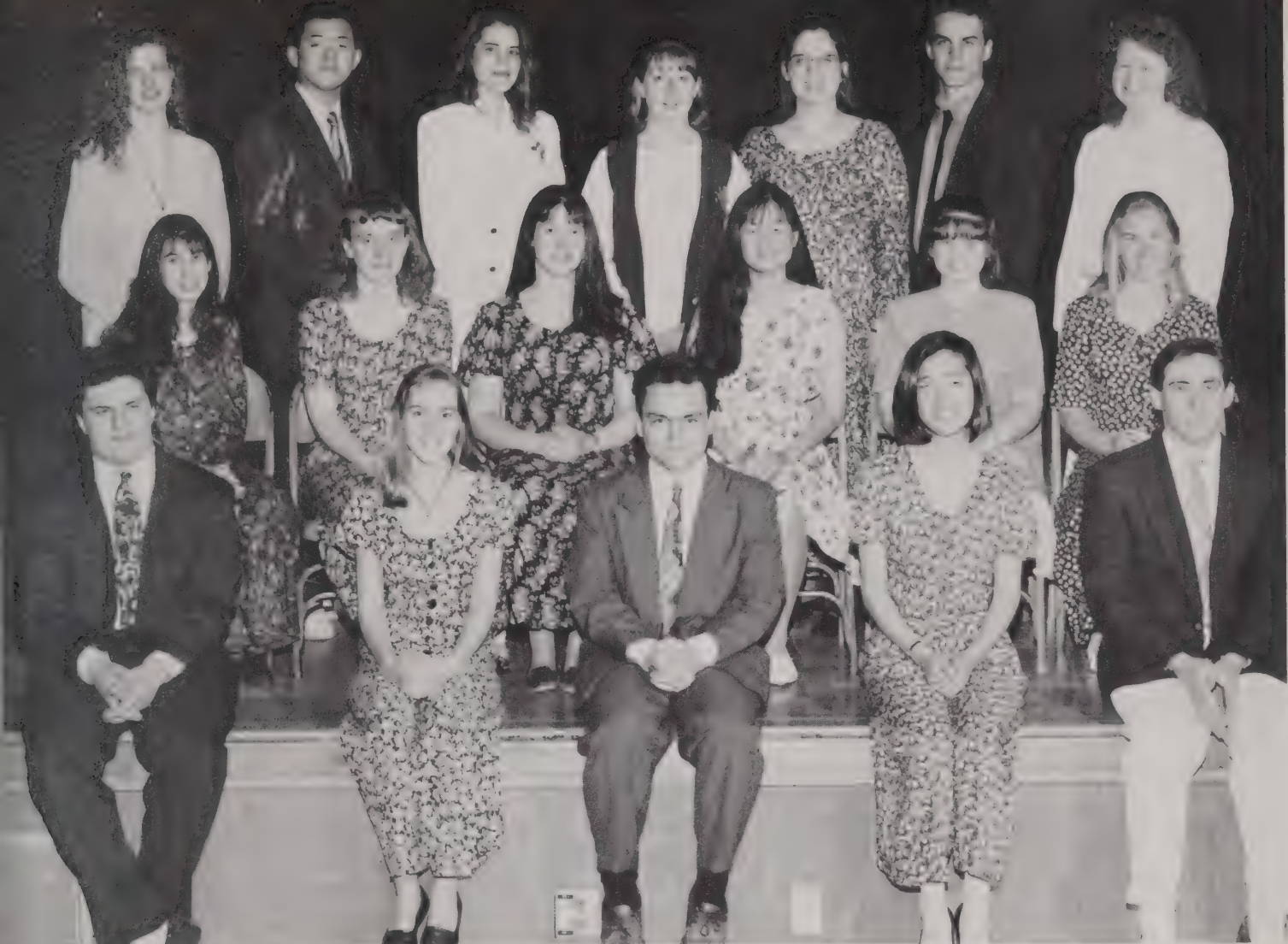


▶ Elizabeth Pielecha created this piece of cherry pie in her ceramics class.





▲ Government Trip to Washington D.C. Top row: Brian Nilson, Chris Gelonese, Jason Barroso, Cindy Chaves, Matt Smith, Kim McNally, Ellen Pichey, Sharon Tokarz, Lisa Poitras, Kathy Drozdowski. Stairs: Alex Casas, Amy Roy, Rebecca Lewison, Anita Poon, Jessica Summerlin, David Majka, Stephanie Babinski, Kimberly Kedziorek, Debbie Carr, Cathy McGaffigan, Congressman Richard Neal, Mr. David Larrivee.



▲ Pro Merito

Row 1: Amandio Rua, Michelle Cushing, Alex Casas, Elizabeth Bunten, Tom Widor. Row 2: Chrissy Santos, Rebecca Lewison, Amy Roy, Anita Poon, Sue Rodrigues, Amy Iodlowski. Row 3: Urszula Sedzikowski, Stanley Poon, Stephanie Babinski, Erin DuFresne, Karen Cuthbert, Corey Tomlinson, Carolyn Buckley. Missing: Advisor Susan Dibble, Danielle Costa, and Pam Pyzocha.

This year the National Honor Society's induction ceremony was later than usual. It occurred on April 27. Nevertheless it was a beautiful ceremony. This year's officers were Anita Poon, president; Amy Roy, vice president; Becky Lewison, treasurer; Sue Rodrigues, secretary. The candles for leadership, scholarship, character, and service were lit by Amy Roy, Tom Widor, Erin DuFresne, and Anita Poon.

Following the ceremony, the senior members held a reception for the inductees in the cafeteria. To fulfill their obligations for community service, many students helped the Ludlow Education Association with the Road-A-Rama in May or with refreshments at open house in November.





ORGANIZATIONS

▼ Library Aids

Row 1: Jeff Butcher, Stan Poon, Ben Gaumond, Tony Korzec, Melissa Rickson, Matt Misiaszek. Row 2: Wendy Dunbar, Kristen Calheno, Amy Daigneault, Heather Hiorns, Renee Forzano. Row 3: Jorge Vieira, Steve Ghazi, Tom Chesnes, Jim Jenkins, Shawn Prophet, Valentim Porfirio, Mrs. Jane Thompson.



▲ As Schools Match Wits

Row 1: Stephanie Babinski, Anita Poon, Erin DuFresne. Row 2: Alex Casas, Chris Root, Amy Roy, Mr. Jo O'Connor.



◀ *Math Team*

Row 1: Chris Root, Stephanie Babinski, Anita Poon, Becky Lewison, Sue Rodrigues. Row 2: Sally Carlos, Sarah Podsadowski, Amandio Rua, Stanley Poon.

The math team was led by five seniors this year. They were Stephanie Babinski, Rebecca Lewison, Sue Rodrigues, Anita Poon, and Pam Pyzocha. A typical meet consisted of about nineteen teams with six students on each team. For the year they ended up in sixth place. The team was coached by Chairman of the math department, Mr. Daniel Lynes.

Peer Educators undergo twenty hours of training in order to have that name. This year the training was held at Ludlow High School. After the training they then went out to the Middle and Elementary Schools to teach the younger children some things that would help them deal with today's peer pressure.



▲ *Peer Education*

Chris Root, Sue Dias, Anita Poon, Kate Chaconas, Heather Hiorns, Renee Forzano. Row 2: Diane Pielecha, Melissa Strycharz, Ana Ferreira, Carla Afonso, Adam Rivest, Caroline Leits, Helder Cerqueira.



▼ **Senior Executive Board** Row 1: Kim McNally, Michele Cox, Kathy Drozdowski, Cathy McGaffigan, Sharon Tokarz, Sandy Pinto. Row 2: Sue Rodrigues, Heather Hiorns, David Rauh, Kendra Matott, Jessica Jamroz, Tracy Sepiol, Kimberly Kedziorek, Debra Carr. Row 3: Wendy Dunbar, Jason Barroso, Jeff Fortune, Erin DuFresne, Lisa Poitras, Ellen Pichey, Maria Ribeiro, Urszula Sedzikowski.



▲ **Senior Class Officers** Row 1: Tracy Sepiol, Kimberly Kedziorek. Row 2: Kendra Matott, Jessica Jamroz.

Under advisor Mr. Brian Bylicki, Student Council focused on community service this year. Together, the members raised money through the Data Match, which paired compatible students. They also allocated money to send Model Congress members to A.I.C. Student Council ran an important blood drive for the Red Cross, whose blood supply was at an all time low during the early part of 1994. Its leaders were outstanding in representing the view of the student body to the community. They worked well together and gave their all in their endeavors, which included the spirit assembly. Officers were president, Kimberly Kedziorek; vice-president, Tracy Sepiol; treasurer, Kristin Calheno; secretary, Jessica Jamroz.



▲ **Student Council** Row 1: Jorge Goncalves, Gina Barroso, Nicole Tarby, Tiffany Pereira, Kim Coelho, Ma Goncalves, Angela Belleville, Michelle Sebastio, Sean Thompson. Row 2: Karen Wisell, Tom Widor, Lori Salem, Kathy Drozdowski, Kim Kedziorek, Jessica Jamroz, Kendra Matott, Angela Karalekas, Lisa Goncalves. Row 3: Carissa Romaniak, Kristin Calheno, Sue Goncalves, Tanya Long, Michelle Santos, Nicole Fiorentino, Diane Pilecha, Chrissy Santos, Melissa Rodrigo, Sally Carlos, Yvonne Santos, Angela Malaquias.



◀ **Student Patrol** Row 1: Cathy McGaffigan, David Rauh, Jason Leandro, Urszula Sedzikowski, Kim McNally, Kris Page, Brian Walz, Kimberly Kedziorek. Row 2: Andy Widor, Jeff Dominique, Nancy Nogueira, Maria Ribeiro, Rachael Gebo, Sandy Pinto, Jessica Jamroz, Melissa Calheno, Marc Carneiro, Kathy Drozdowski. Row 3: Jason Knowles, Jim O'Donnell, Mitchell Knowles, Joe LaHait, Chris Gelonese, Jason Barroso, Jeff Fortune, Lisa Poitras, Michele Cox, Andy Vance.

The Class of 1995 held a very successful luau and dance for the annual Big Brother/Big Sister event. It held a prom, and the traditional Senior Assembly. It raised money by holding the Valentine's Day Dance, which was postponed a week because of one of many snow storms. The Class of 1995 got a well-deserved break at Stratton, Vermont, at the beginning of February.



▲ **Junior Class Officers** Row 1: Kristin Calheno, Carissa Romaniak. Row 2: Diane Pielecha, Gina Barroso.



▲ **Junior Executive Board** Row 1: Jessica Beston, Laura Tereso, Tracy Dilley, Beth Lemek, Karen Wisell. Row 2: Nicole Tarby, Kim Coelho, Gina Barroso, Kristin Calheno, Carissa Romaniak, Diane Pielecha. Row 3: Nancy Martins, Sue Goncalves, Adam Rivest, Sabrina Gallo, Renee Forzano.



▼ Sophomore Executive Board Row 1: Tanya Casimiro, Tiffany Pereira, Michele Sebastio. Row 2: Yvonne Santos, Melissa Rodrigo, Lisa Goncalves, Sally Martins, Charli Asta-Ferrero, Erin Ruell. Row 3: Jennifer Minie, Renee Peabody, Christina Pereira, Sally Carlos, Lisa Pio, Angela Malaquias, Liz Rufo.



▲ Sophomore Class Officers Row 1: Angela Karalekas, Melissa Rodrigo. Row 2: Yvonne Santos, Lisa Goncalves.

The sophomore class was led by president Melissa Rodrigo, vice president Lisa Goncalves, treasurer Angela Karalekas, and secretary Yvonne Santos. The Class of 1996, including the advisors, had fun early in the year when they spent a day in the Big Apple. The annual class banquet was held at the Ludlow Elks Club. In the spring the class had a successful candy sale. All in all, the class of 1996 had a productive and fun filled-year.



▲ Prom Committee Row 1: Carissa Romaniak, Kristin Calheno, Nicole Tarby. Row 2: Kim Coelho, Adam Rives, Karen Wisell, Diane Pielecha.

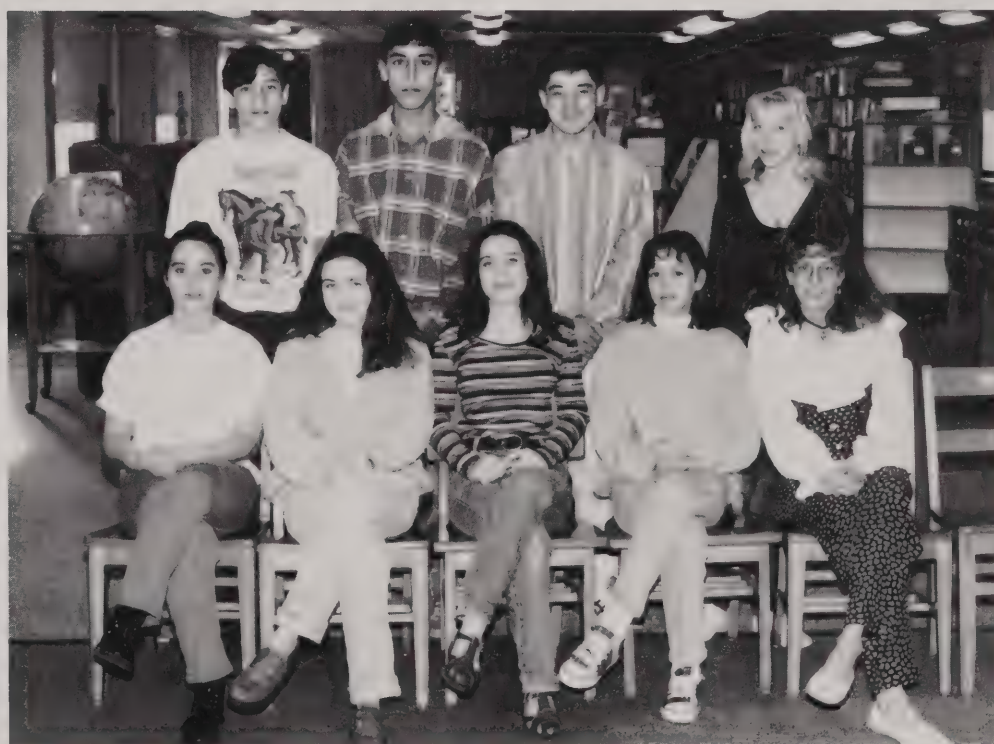


Lunch Patrol Row 1: Nancy Nogueira, Amy Daigneault, Jennifer Ribeiro. Row 2: Sherry Thompson, Chistina Ferreira, Maria Ribeiro, Carla Afonso.

The Class of 1997 had its first banquet at the Ludlow Country Club, like every other freshman class before them. With the help of their advisors, Mrs. Kavka and Mr. Marceau, their banquet turn out set the record this year for class banquets. The success of the banquet set the tone for the rest of the year.



▲ Freshman Class Officers Row 1: Matt Goncalves, Angela Belleville. Row 2: Sean Thompson, Jorge Goncalves.



▲ Freshman Executive Board Row 1: Angela Belleville, Nicole Fiorentino, Angela Cieplik, Michelle Santos, Melina Louvitakis. Row 2: Matthew Goncalves, Jorge Goncalves, Sean Thompson, Jennifer Dinelle.



▲ Student Advisory Council Row 1: Kristin Calheno, Carissa Romaniak. Row 2: Tracy Sepiol, Danielle Costa.

This year a group of six talented Ludlow students represented our school at the fifty-fourth Model Congress held at American International College. Seniors Stephanie Babinski and Anita Poon co-sponsored a bill which reformed the parole system by making prisoners attend academic or vocational classes in order to be eligible for parole. The bill successfully passed the congress, which consisted of students from over fifty New England schools. Copies of all bills that passed at Model Congress were sent to all Congressmen in Washington.

▼ Office Help. Row 1: Melanie Kareta, Colleen O'Donnell, Jennifer Amaral, Katie Chaconas, April Perusse, Michele Cox, Kathy Drozdowski. Row 2: Jennifer Minie, Karen Wolcheck, Heather Bartholomew, Jaime Dominique, Katie Marino, Beth Lemek, Jeff Lawler, Jessica Jamroz, Yvonne Santos.



▲ Model Congress Row 1: Stephanie Babinski, Anita Poon, Karen Cuthbert. Row 2: Carissa Romaniak, Kristin Calheno, Danielle Costa.



◀ S.A.D.D. Row 1: Karen Nogueira, Angela Cieplik, Nicole Fiorentino, Michelle Santos, Melina Louvitakis, Christina Pereira, Sally Martins. Row 2: Margie Armitage, Jenn Dinelle, Christina Santos, Nancy Martins, Gina Barroso, Katie Chaconas, Renee Forzano, Becki Small, Sally Carlos. Row 3: Sue Rodrigues, Anita Poon, Kendra Matott, Chris Root, Amy Roy, Becky Lewison, Heather Hiorns, Kristen Kelch, Amy Nogueira. Row 4: Kristin Hyder, Elizabeth Fortunato, Cindy Gomes, Michelle Nogueira, Evette Rodrigues, Elizabeth Bunten, Stephanie Babinski, Amy Jodowski, Karen Cuthbert, Carolyn Buckley.

Students Against Driving Drunk had a busy year. The officers were Chris Root, president; Kendra Matott, vice president; Becky Lewison, secretary; and Amy Roy, treasurer. S.A.D.D. participated in many activities to spread the message not to drink and drive. These included giving a packet of information to the freshman class about ways to have fun and still be safe. They also tagged flowers during Christmas, Valentine's Day, and St. Patrick's Day. They put scrolls in the prom glasses to remind people at the prom of the dangers of drinking and driving. Finally, they placed a sign at the intersection of Chapin Street and Center Street, which read, "Congratulations, you've made it past this intersection! Now, keep it safe on the road ahead."

The 1993-94 *The Cub* staff had a fabulous year despite the lack of funds in its budget. The self-supported group was forced to skip an issue of the paper even though it had many fund-raisers. A car wash was held at Burger King in July, the Monster Masquerade in October, the Christmas carnation sale in December, the Valentine's Day flower sale in February, and the St. Patrick's Day carnation sale in March.

After attending the Holyoke Community College Journalism Conference, Editor-in-Chief, Cindy Chaves, and the other staff members left with numerous awards. *The Cub* received plaques for "Best Feature Article", "Best Student Designed Advertisement", "Best Sports Photograph", and "High Point Award". A certificate was also awarded to *The Cub* for runner-up in news writing. In addition, *The Cub* placed third in the Springfield newspaper contest during the month of May.



▲ Cub Staff. Row 1: Paula Teixeira, Jenn Havens, Coryn Silva, Laura Alves, Erin Yelle, Lisa Pio. Row 2: Melissa McGahee, Melina Louvitakis, Melissa Pollard, Tracy Sepiol, Becki Small, Andrea Markiewicz, Cindy Chaves, Renee Forzano. Row 3: Tim Bento, Damon Markiewicz, Gabriel Canelas, Elizabeth Rufo, Neil Martins, Brian Goodreau, Renee Antaya, Mrs. Suzanne Kelley.

Y E A R B O O K

▼ Next year's co-editors, Chrissy Santos and Becki Small, were extremely helpful in the production of "The Long Road Back."



▲ Kevin Pyzocha spent numerous hours after school on layout and copy.

I would like to thank everyone who helped with this yearbook. This includes the people I stopped in the hall for identifications, the faculty for their patience, and the entire yearbook staff for everything. I would like to extend a special thank you to our advisor, Mrs. Kelley and to Becki, Chrissy, Melissa, and business manager Anita for all their dedication and hard work. Without them this yearbook would never have been possible. Also thanks to Kim Kedziorek for providing the pictures from the mystery trip and the senior banquet.

I wish the Class of 1994 the best of luck in the future. It is definitely a long road back.

Pam

▼▼ Adam Rivest and Becky Lewison helped with the identification of the many groups and organizations.

▼ Anita Poon helped with the business ads and Amy Roy did various thing that helped the book.



▲ Selling business ads was a tough task but Jen Minnie mastered it with Anita Poon's guidance.

► The staff

Row 1: Jessica Beston, Kristen Kelch, Jessica Jamroz, Kathy Drozdowski, Angela Brennan, Lynda Brennan.
Row 2: Susan Alves, Jennifer Minnie, Christopher Root, Erin Dufresne, Sue Rodrigues, Becky Lewison, Amy Roy. Row 3: Renee Antaya, Anita Poon, Kristin Hyder, Melissa Pollard, Becki Small, Adam Rivest, Kate Chaconas, Jessica LaTour, Coryn Silva. Missing: Advisor Mrs. Suzanne Kelley, Editor Pam Pyzocha, and Junior Editor Chrissy Santos.





◀ Ray Saloio plays Kenny G's "Sentimental" on his soprano saxophone.

▼ Masters of Ceremonies for the first half of the show were Ana Pereira and Keith Roxo.



▼ The Class of '94 came together as a group to sing "Everyone," "Wherever We Go," and "The Muppet



▲ In the cafeteria before the show began, Urszula Sedzikowski put stage makeup on Tim Vitorino.



▲▲ Pedro Serrazina sang a beautiful song about a son dying to Dan Rescia.

▲ Lisa Ganhao came in between Butthead (Jeff Dominique) and Beavis (Jason Leandro).



▲ Katie Chaconas showed her dancing ability by doing a solo dance dressed as a cat.

the opening number. It consisted of "Something for Theme."

UNPLUGGED 94



Six weeks before the show date, Mrs. Susan Viviano, the advisor, called a senior class meeting which didn't go well. There was a lot of screaming and yelling. After working out some details, though, an agreement was reached to hold auditions in two weeks. However, even after the auditions, there were still forty-one acts. Mrs. Viviano chose to run the show with all of them.

The show had a lot of variety in it. There were the typical comedy acts such as "Cooking With Cox," "Sprockets," and "YMCA." There were also various solo acts including vocalists, musicians, and dancers. One of the highlights of the nights was "The Dysfunctional Newlywed Game" where Jeff Jablonski ran off with the host, Kathy Drozdowski. Another was when the Ludlow Lion mascot chased Barney around the stage.

"The seniors have pulled it together!" After starting about a month late and having no advisor, the Senior Show was successfully pulled off on April 8 and 9, lasting only 3 hours and 41 minutes!



▲ In one of the first acts, David Rauh, Joe LaHait, Jeff Fortune, and Tom Widor saluted the Lions with beer.

► Many people said Michael Jackson, or rather Cristina Ferreira, was the star of the show.



► Senior Court

Row 1: Heather Tereso, Maria Ribeiro, prom queen Ana Ferreira, Lisa Poitras. Missing are Sandra Pinto, Christopher Gelonese, and Pedro Gomes. Row 2: Keith Nogueira, prom king Nelson Rodrigues, Nelson Fialho.



▼ Row 1: Rob Santos and Sandy Masse. Row 2: Kim Coelho, Amber Gonyea, Michelle Miles, Gina Barroso, and Sara Swiatlowski. Row 3: Nicole Tarby, Marco Ferreira, Mario Dacruz, Jeff Martins, Steve Marino, Kevin Auffrey, and Sue Goncalves.



▲▲ Row 1: Jeff Lawler and Ray Antaya. Row 2: Nick Nutting, Dave Davis, and Kevin Auffrey. Row 3: Mitch Knowles, Ross Cocchi, and Marc Carneiro. Row 4: Steve Marino and Tom Widor.

▲ Junior Court

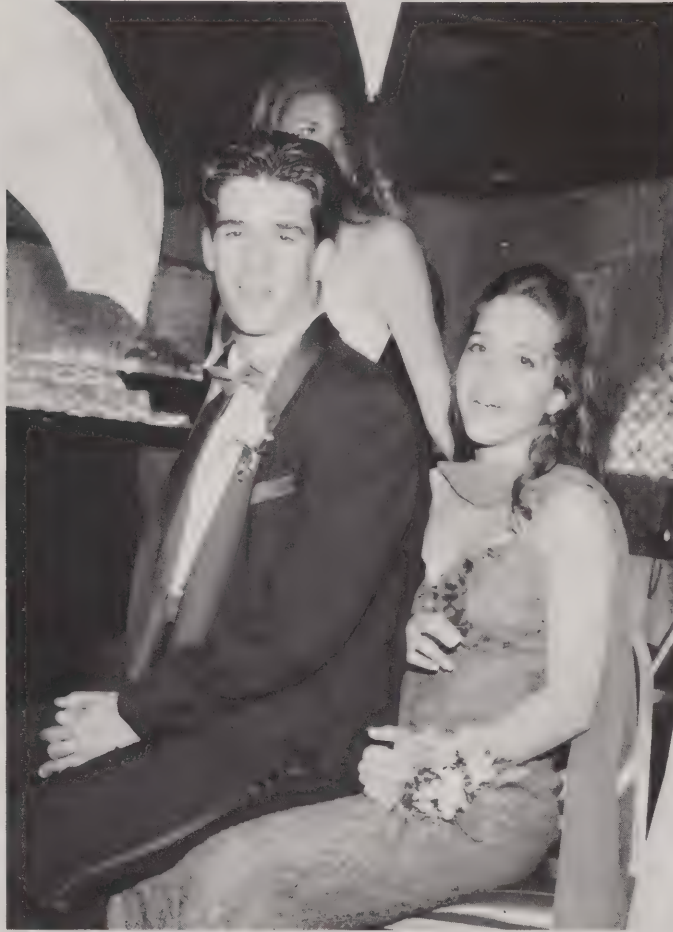
Row 1: Connie Alfaia, Sharon Lecuyer, princess Gina Barroso, Michelle Nogueira, and Amy Jodlowski. Row 2: Tony Dias, Steve Vitorino, prince Donny Fragoso, Marco Ferreira, and Ray Antaya.



▲ Tony Dias and Lisa Goncalves take a relaxing break at the prom whose tickets alone cost \$82.00.



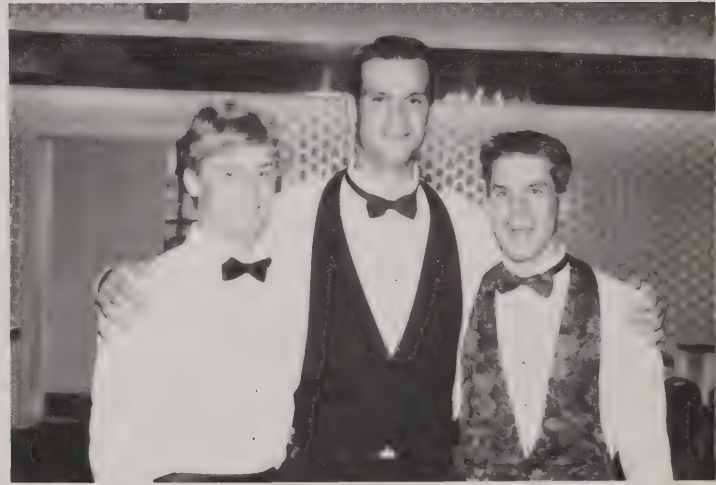
▼ Dennis Gomes poses with his date Allison Costa at Chez Josef.



PROM

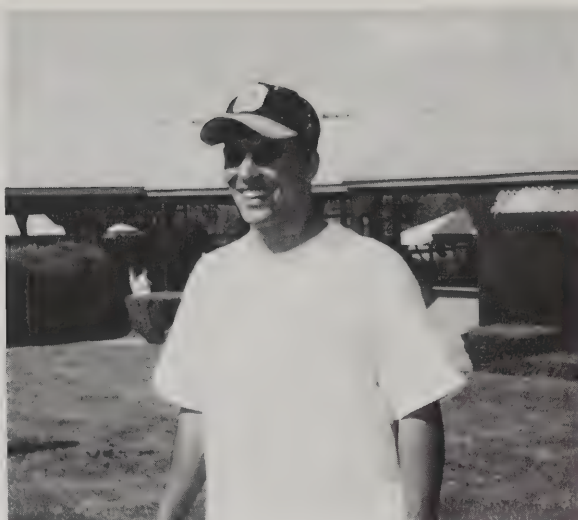


*The Junior Class
of
Tudlow High School
cordially invites you to the
Junior-Senior Prom
A Time to Remember
on Friday, the twelfth of May
Nineteen hundred and ninety-four
at Chez Josef
176 Shoemaker Lane
Aurum, Massachusetts
Social hour and photographs from 6-7 p.m.
Music by Mark's Jelling Dance Room
from 7-12 midnight*

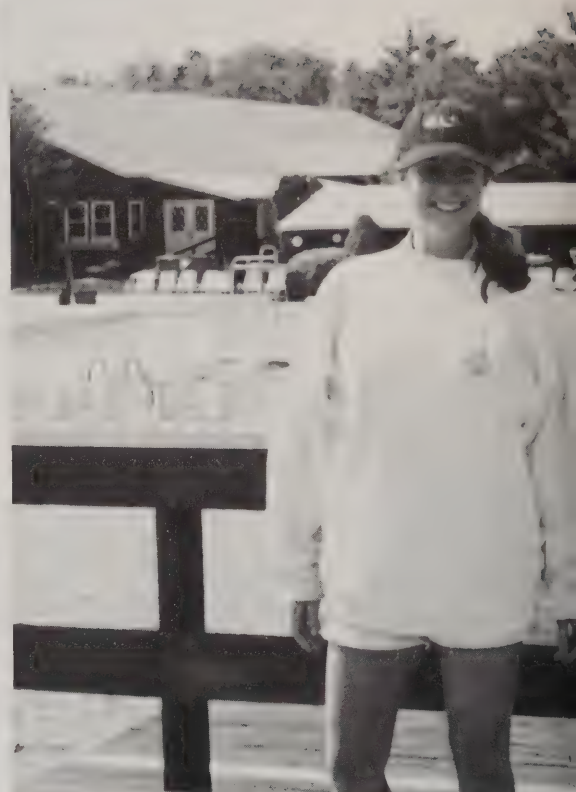


▲ Joe LaHait, Mitch Knowles, and Marc Carneiro have already doffed their jackets.

► Corey Costa smiles as he awaits a volleyball pass at The Village.



▼ Not one bit shy, Roger Mendes poses for the camera during a break from volleyball.



▲ ▲ Lisa Poitras stands in front of the pool which was just one of the many activities available.

▲ Alex Casas, Danielle Gamache, Erica Piesz, and Karen Cuthbert relax near a picnic table after their swim.

▲ Friends from softball, Anita Poon and Helena Pereira enjoy themselves on the trip.

MYSTERY TRIP

Mystery Trip

This year's mystery trip was a true mystery. It was held on June 9 after Class Day rehearsal. Seniors were told to bring fishing poles, bathing suits, and volleyballs. After a few turn-a-rounds because the bus drivers got lost, the class finally arrived at an outdoor entertainment facility, The Village, in Connecticut.

It was a bit cold for swimming, but the class made the best of it. Most of the class enjoyed volleyball games against each other. All in all the trip wasn't as good as the class would have liked, but everyone seemed to have fun.



▲ Good friends Emily Gomes, Jennifer Gomes, and Alice Nascimento enjoy watching the various activities.

◀ Corey Kincaid spent some of his day playing volleyball.

► Maurice Arbelaez and Tracy Sepiol enjoy themselves at the Senior Banquet.

▼ Jeff Jablonski poses with Cub staff members Paula Teixeira and Cindy Chaves.



▲ ▲ A few of David Rauh's friends took advantage of his size and lifted him high above their heads.

▲ Rachel Gebo, Laura Pereira, and Amy Mateus have already turned their chairs around to watch the scavenger hunt award presentation.



▲ Brian Nilson on top of Brad Dakers' shoulders and Matt DiSanti on top of Macabe Gallagher's shoulders create a scene.



SENIOR BANQUET

The Last Banquet

The Senior Banquet was held on June 7 at the Polish Club. The price was \$8, and it was held the same day as Senior Assembly. Not as formal as the Christmas banquet, some of the guys wore ties and shorts. The girls wore simple dresses that were comfortable.

At the banquet, scavenger hunt awards were presented and then dancing followed. This banquet was the last time the senior class would get together before graduation. There were no problems and as a whole it went well.



▲ Eugene Martins and Nuno Marques take a break during the banquet.

◀ With pretty smiles, Urszula Sedzikowski and Helder Cerqueira dance the night away.

► Cindy Chaves and Paula Teixeira energetically read the class ballot during Monday's assembly.



▼ Kim McNally proudly accepts the Chamber of Commerce scholarship from Mr. Cavallo.



▲ ▲ Salutatorian Amy Roy presents her class day oration.

▲ Mr. Cavallo presents Julie Goncalves with the 21st Century Book Award for the most improved English student.

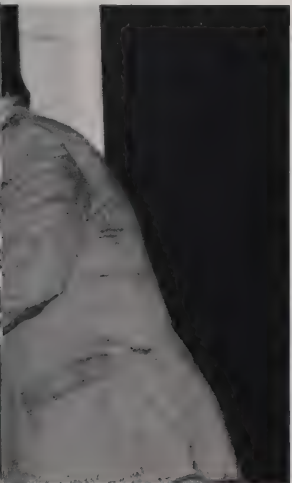


▲ Jennifer Havens, Rachelle Cropanese, Rosemary Vermette, and Evette Martins get ready in the cafeteria before the awards assembly.

CLASS DAY

Kathy Bamford recites the class poem "Two Roads" which she wrote.

"We need to be open-minded about everyone we meet, for not everyone will be like us. These new acquaintances will have different backgrounds, likes, and dislikes, and beliefs than we do, and we must learn to respect them just as we hope they will learn to respect us. We must remember that nothing in life — neither people nor ideas — comes in just black and white. We are always to be exploring and analyzing those shades of gray . . . Now begins the "commencement" of a lifetime of new opportunities and experiences. May we bring to each of them an open mind and an open heart."

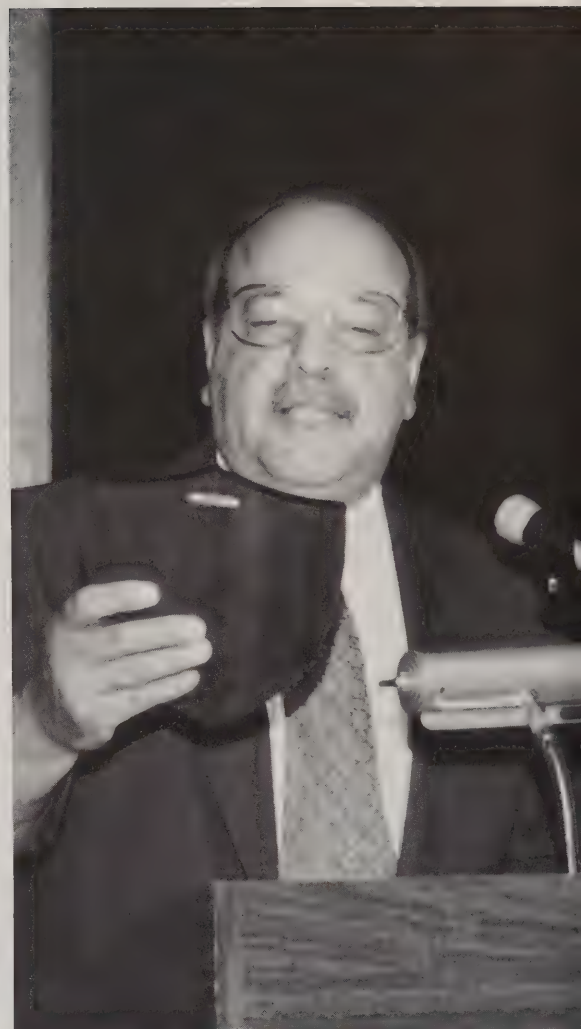
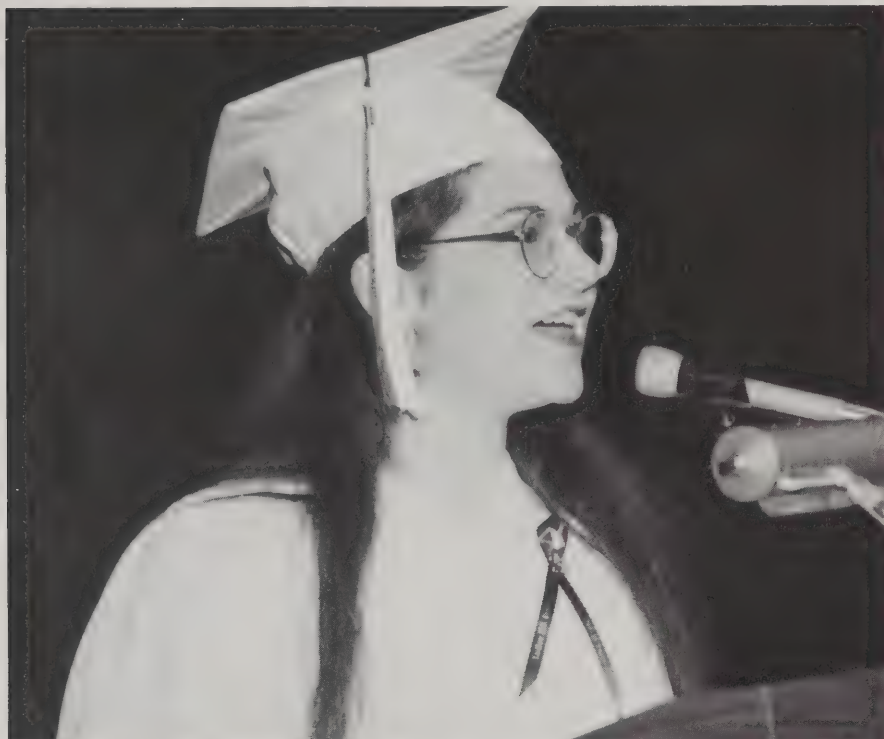


▲ Helena Pereira listens carefully to the speeches made on that day.

◀ Heather Hiorns received many awards, one of which was the William D. Mullins scholarship for \$1,000.

SENIOR ASSEMBLY

Treasurer of the Class of 1994, Kim Kedziorek, presents the school with 1994's class gift, a wireless two-way communication system.



▲ The junior class demonstrates its rendition of "Calendar Girls" for the seniors.

► Chorale members Caroline Leits and Pedro Serrazina sing a moving duet "Sun and Moon."





◀ Before handing over the peace pipe to the junior class president Carissa Romaniak, Tracy Sepiol, president of the class of 1994 delivers her speech.

▼ Kendra Mattot and her parents sob as they read the letter she wrote to them.



▲▲ Mr. James Cavallo presents Mr. Charles Bradshaw with a plaque for beginning the annual tradition of Senior Assembly 25 years ago.

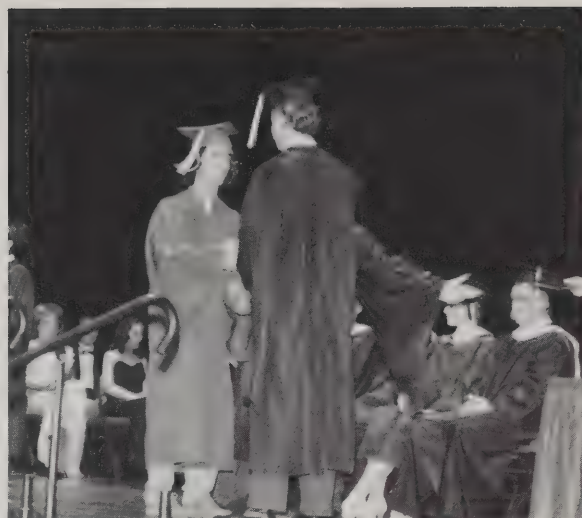
▲ Kathy Drozdowski takes a few tissues from Mrs. Guinipero in the main office before the start of the tear-filled morning.



▲ The senior girls cheerfully release their balloons on the front steps of the high school.

► With his left hand Manny DeSousa accepts his diploma from Mr. Bernard Regnier, chairman of the School Committee.

▼ Ursula Sedzikowski and her proud mother smile after the ceremony.



▲ The Class of 1994 has formally graduated as they move their tassels from the right to the left.

“The question remains for each of us to answer: Who exactly are we? That is a truly personal question. You are defined by your actions, so do something, anything. leave your mark on the world. No matter what small thing you have done, you have changed the way the world is. You have altered the lives of all the people you have come in contact with. What you do is who you are. Do something positive and leave the world a little better than you found it. My challenge to the class of 1994 is to find your personal identity as you enter the next stage of your life. Leave behind your past and open yourself to all the opportunities of the future. No matter how clichéd it may sound, we are the hope of the future, and we cannot be that as followers and conformists. We must be leaders and individuals.”



▲ ▲ Valedictorian Stephanie Babinski presents her valedictory speech.

▲ The guys are so proud that they have finally made it! They are Brian Walz, Jeff Fortune, Jason Barroso, Jason Leandro, Todd Gonçalves, Marc Carneiro, and Keith Roxo.

THE BIG DAY

▼ So that Danielle Costa's cup would not fall off, Jill Brassard carefully attached bobby pins.



▲ School Committeeman Henry Banas presents his son, Jason Banas, with his diploma.

◀ Carolyn Robert won the award for excellence in the study of art.

▼ Debbie Carr, captain of the varsity basketball and softball teams, finally gets a break from the pressure of being a captain.



Carla Afonso

13 Maple St.
113, 117

Maria Afonso

149 Center St.
11, 134

Daniel Ahearn

21 McKinley St.
11

Daniel Alves

1076 East St.
“Fear is the thin line between what you know you can do and what you know you can not do. You know everything.”
68, 69, 111

Jose Alves

281 East St.
58, 59

Shawn Anderson

103 Minnechaug Heights
11

Maurice Arbelaez

29 Manor Lane
11, 128

Stephanie Babinski

247 Miller St.
“I said farewell to a childhood . . . a secure and sunwarmed existence . . . that was gone away for all time.”
— Howard Fast in *April Morning*
11, 75, 81, 93, 108, 109, 112, 113, 118, 119, 135, 136

Kathy Bamford

143 James St.
“Some walk through me, some walk over me. But the best are those that walk beside me and hold my hand.”

8, 11, 92, 111, 131

Jason Banas

230 Clover Rd.
“Given the chance, everybody has the ability to succeed.”
11, 54, 135, 138

Jeffrey Barnes

109 Bridle Path Cir.
11

Elizabeth Barroso

227 Elizabeth Dr.
“Memories are nothing like friendships. They always last and they never die.”
11, 111

Jason Barroso

242 Holy Cross Cir.
11, 108, 114, 115, 134

Michael Batista

134 Reynolds St.

Timmy Bento

163 Fuller St.
11

Nelson Bernardes

44 Cypress St.
11, 54

Paul Bertini

12, 58

Ian Bissailon

148 Prokop Ave.
12, 25

Jill Brassard

15 Wood Dr.



▲ Valedictorian Stephanie Babinski prepares to receive another award during the Class Day activities.

"Hey girls — We're simply the best."
12, 25, 87, 111, 135

Joel Brissette

144 Kendall St.
12

Carolyn Buckley

31 North Authur St.
12, 109, 119

Melissa Calheno

76 Rood St.
"Hold fast to dreams for if dreams die, life is a broken-winged
bird that cannot fly."

— Hughes

12, 87, 93, 115

Gabriel Canelas

104 Clark St.
12, 77, 110, 119

Danny Canoa

18 Victor St.
12, 25, 54, 110

Marc Carneiro

107 W. Akard St.
12, 78, 87, 92, 110, 115, 135

Debbie Carr

98 Karen Dr.
"A Life Lived in Fear, Is A Life Half Lived."
10, 12, 25, 65, 80, 81, 108, 111, 114, 136

Alex Casas

79 Barre Dr.
12, 108, 109, 126, 143



▲ Best friends, Laura Pereira, Christine Coelho, and Sandy Pinto take a picture to preserve the memories from their senior prom.

▼ Principal Mr. James Cavallo presents editor of The Cub, Cindy Chaves with an award for Excellence in Journalism.



Helder Cerqueira

105 Stevens St.

"I'd rather die on my feet, than live on my knees."
12, 110, 113, 129

Kate Chaconas

110 Munsing St.
"To express your soul is exquisite but expression through
dance is divine."
4, 13, 87, 92, 110, 113, 121, 122, 157, 159

Jamie Champagne

233 Hubbard St.
13, 86, 87, 110

Cindy Chaves

101 Paulding Rd.
10, 13, 86, 93, 108, 119, 128, 130, 137

Tom Chesnes

50 Booth St.
13, 112

Christine Coelho

18 Margaret Lane
"This is the end . . . beautiful friend, the end . . ."

— Doors

13, 137

Adrian Colon

74 Glenwood St.

Carlos Costa

9 Lawrence St.
13

Corey Costa

24 Helena St.
13, 126

▼ Jason Knowles, Jason Banas, Ray Saloio, Todd Goncalves, Andy Vance, and Jim O'Donnell anxiously await their meal at the final senior banquet.



Danielle Costa

28 Folvi St.
6, 13, 87, 97, 118, 135

Brook Cote

31 Harlan St.
13

Michele Cox

118 Posner Cir.
"People remember your name . . . when you're strange!"
— Jim Morrison
13, 25, 67, 86, 87, 93, 94, 114, 115, 118

Rachelle Cropanese

229 Miller St.
130

Paulo Cruz

186 Winsor St.
13, 25

Karen Cuthbert

415 West Ave.
"Hold fast to dreams for when dreams go, life is a barren field frozen with snow."
— Hughes
13, 60, 81, 109, 118, 119, 126

Amy Daigneault

235 State St.
14, 25, 112, 117

Brad Dakers

18 Pond St.
70, 74, 77, 87, 100, 128

Manny DeSousa

366 Chapin St.
134

Christopher Dias

49 Americo St.
14, 145

Paulo Dias

25 Hampshire St.
14, 58, 111

Susan Dias

109 Genovevo Dr.
"I wish you the best of luck, keep in touch."
14, 86, 113, 129, 134, 138

Cristina S. Diniz

1170 East St.
"Today, well lived, makes yesterday a dream of happiness, and tomorrow a vision of hope."
14, 134, 141, 156

Matthew Disanti

113 Bruni Ave.
14, 87, 111, 128

Jason Dobson

25 Scott St.
"This is your first step in life. There are thousands more to take."
98, 139

Jeff Dominique

70 Vienna Ave.
"Nothing now is left but a majestic memory."
— Longfellow
14, 62, 70, 93, 96, 111, 115, 122

Daniel Donohue

73 East St. Apt. 309
14



▲ Susan Dias is overcome by balloons as she exits the auditorium after Senior Assembly.

Carrie Douthwright

35 Stebbins St.

Kathleen Drozdowski

107 Americo St.

"Those who do not know their opponent's arguments do not completely understand their own." — Unknown

"Know what you want!"

9, 14, 25, 63, 66, 67, 80, 81, 86, 87, 94, 108, 110, 114, 115, 118, 121, 144

Erin B. DuFresne

167 Elizabeth Dr.

14, 87, 109, 112, 114, 121, 156

Wendy Dunbar

595 Fuller St.

"Life revolves around abnormalcy."

— D. Rescia

14, 112, 114

Benjamin Dupuis

44 Highland Ave.

Antonio Eusebio

90 Letendre Ave.

14

Angelina Fava

1409 Center St.

"Exercise your right to be young and crazy."

15, 87, 157, 139

Daniel Fernandes

79 Cedar St.

15

Ana Ferreira

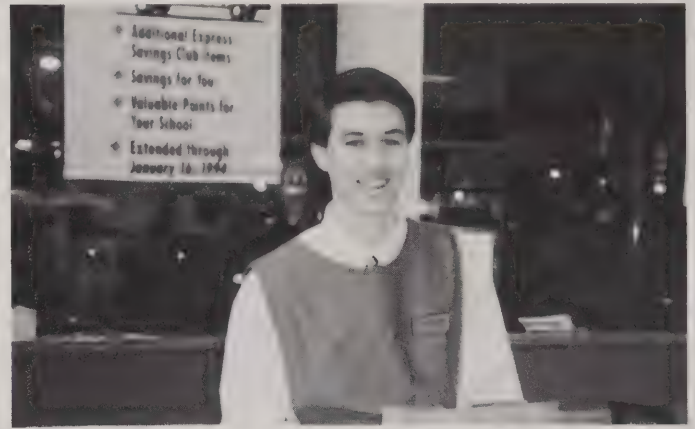
401 East St.

15, 87, 93, 113, 139



▲ Angelina Fava assists Ana Ferreira with her cap before they begin the procession for graduation.

▼ Jason Dobson, hard at work, makes some extra spending money by bagging groceries at Big Y.



Cristina Ferreira

28 Motyka St.

"Friendships come and go, but these memories will never die."

15, 117, 123

Susan Ferreira

16 Hampshire St.

"Remember that great love and great achievements involve great risk. Best of luck class of '94."

15, 110, 111, 134, 157

Nelson Fialho

51 Clarence St.

15

Michael Fontaine

223 Holy Cross Cir.

Steven Forcum Jr.

55 Dale St.

15, 110

Sandy Fortunato

140 Kirkland Ave.

"Don't turn around because there are no second chances."

15

Jeffery Fortune

213 Elizabeth Dr.

15, 114, 115, 123, 134

Antonio Fraga

39 Essex St.

15

Deanna Gagnon

473 Winsor St.

McCabe Gallagher

127 Pine St.

"Great players win games, but great teams win champion-

▼ Julia Goncalves and Caroline Leits dance to Portuguese music at the Polish Club.



ships.”
15, 58, 92, 111, 128

Danielle Gamache

21 Swan Ave.
15, 126

Lisa Ganhao

95 Cedar St.
“Love deeply and passionately. You might get hurt but it’s the only way to live life completely.”
16, 93, 110, 122, 140

Rachel Gebo

42 Aldo Dr.
“... Yeah Jill, Better than all the rest.”
16, 61, 86, 87, 110, 111, 115

Christopher Gelonese

60 Haswell Cir.
16, 70, 85, 87, 108, 115

Stephen Ghazil

14 Prokop Ave.
16, 112

Dennis Gomes

51 Florida St.
16, 58, 86, 111, 134

Emily Gomes

100 Lakeview Ave.
16, 25, 127

Jennifer Gomes

38 Cypress St.
“Don’t be intimidated by anyone’s actions.”
16, 127

Pedro Gomes

48 Oakwood Dr.

3, 86

Julia Goncalves

47 Beachside Dr.
16, 130, 140

Todd Goncalves
65 Meadowlark Cir.

16, 62, 65, 85, 128, 134, 138

William Grasseti

34 Colonial Dr.
16, 68, 157

Jennifer Havens

838 East St.
16, 86, 119, 130

Amber Hewes

16

Amy Hewes

17

Heather Hiron

902 East St.
“A dream taken seriously becomes a goal. A goal taken seriously become a reality.”
17, 86, 114, 119, 131, 157

Jeffrey Jablonski

107 New Crest St.
17, 25, 50, 58, 64, 65, 82, 86, 92, 94, 103, 110, 138, 142

Jessica Jamroz

Alden St.
17, 110, 114, 115, 118, 121

James Jenkins

3 Ventura St.
17, 110, 112



▲ Mr. Cavallo presents Lisa Ganhao with the language award at the graduation ceremonies.

Luis Joao

447 State St.

Tina Jones

3

Shannon Kapinos

115 Main Blvd.

17

Kimberly Ann Kedziorek

90 Fairway Dr.

"Step lightly upon the earth, while leaving your mark firmly behind."

8, 17, 25, 86, 87, 92, 94, 108, 110, 111, 114, 115, 142, 156

Kristen Kelch

"This is our year, our time, our LIFE; let our dreams become real by living them."

17, 110, 119, 121

Corey J. Kincaid

84 Simonds St.

"BYE!"

17, 127

Jason Knowles

24 Andrew St.

17, 65, 87, 115, 128, 138

Mitchell Knowles

24 Andrew St.

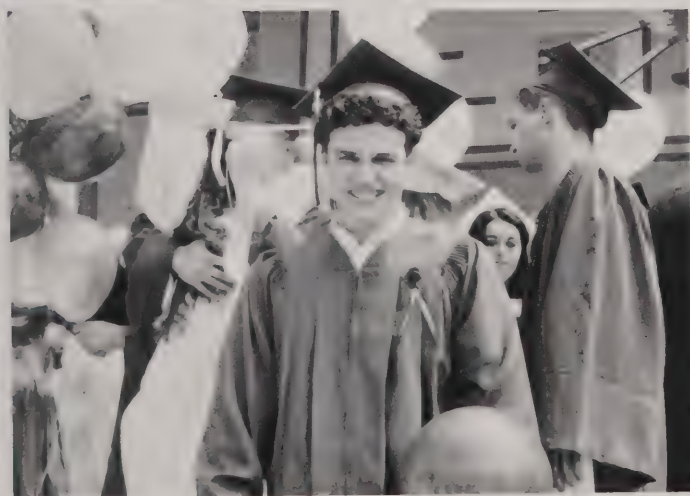
"It is the contest that delights us and not the victory."
— Pascal

3, 17, 65, 78, 96, 111, 115, 128

Cortney Kolodziey

320 Miller St.

"Take that chance to let go your heart; otherwise you may never get another chance."



▲ Roger Mendes poses with a balloon on the front steps after Senior Assembly.

▼ Paula Teixeira, Cristina Diniz, and Jason Leandro get together for the last time with their class at the Senior Banquet.



17, 25

Zbigniew Kraszewski

100 Arnold St.

65, 85

Dagmara Lachut

29 Harris Lane

Joe LaHait

28 Brimfield St.

"The best prize that life offers is the chance to work hard at work worth doing."

— Theodore Roosevelt

18, 25, 58, 84, 85, 94, 111, 115, 123

Sergio Laneiro

250 Prospect St.

Jason Leandro

97 W. Akard St.

18, 25, 58, 82, 83, 110, 111, 115, 122, 134, 141

Caroline Leits

668 Center St.

18, 70, 105, 113, 140

Rebecca Lewison

1490 Center St.

"A dream yesterday, a vision today, a reality tomorrow."

— Rev. Martin Luther King Jr.

18, 108, 109, 113, 119, 121, 142

Nicholas Libiszewski

264 Fuller St.

18

Scott Lincourt

7 Fontaine St.

"Win if you can, lose if you must, but always try."

18, 73

▼ Classmates, Amy Roy, Kim Kedziorek, and Becky Lewison, wait in the cafeteria for the start of Senior Assembly.



David Majka

148 Holy Cross Cir.
6, 108, 142

Damon Markiewicz

9 Marie St.
18, 70, 119

Nuno Marques

703 East St.
18, 129

Eugene Martins

42 Voltage Ave.
18, 86, 129

Neil Martins

103 Clark St.
18, 119

Steve Martins

18, 111

Yvette Martins

26 Lower Whitney St.
130

Thomas Matera

25 Swam Ave.
18, 95

Amy Mateus

9 Beachside Dr.
19, 97, 101, 1055, 110

Kendra Matott

34 Sewell St.
"United we stand, divided we fall, together we stand tall."
19, 110, 114, 119, 158

Cathleen M. McGaffigan

47 Pondview Dr.

"We have not inherited the Earth from our ancestors. We have only borrowed it from our children."

19, 108, 111, 114, 115, 129, 143

Kimberly-Lynn McNally

215 Lyon St.

"We always knew our tears would make us laugh, but whoever thought out laughter would make us cry."

— Unknown

19, 108, 111, 114, 115, 130

Roger Mendes

123 Swan Ave.
19, 126, 141

Todd Messinger

6 Howard St.
86

Timothy Miodowski

229A-2 Miller St.

Lisa Moore

19

Alice Nascimento

29 Salli Cir.
19, 110, 127

Sonya Nickerson

94 Miller St.
19

Brian Nilson

99 West St.
65, 78, 87, 108, 128

Keith Nogueira

491 Chapin St.
19, 58, 110



▲ David Majka pays Jeff Jablonski for the excellence entertainment he has provided.

Nancy Nogueira

85 Alfred St.

“What a long, strange trip it’s been.”

— Dead

19, 25, 87, 101, 105, 115, 117

Keith Nunes

746 Chapin St.

110

Kevin Nunes

746 Chapin St.

110

James O’Donnell

14 Longview Cir.

19, 51, 54, 93, 96, 115, 138

Pedro Olmos

24 Hampshire St.

Douglas Owen

79 Chapin Greene

19

Kristofer Page

7 Mineral Springs

20, 25, 70, 115

Duane Pelchat

229 Miller St.

Ana Maria Pereira

383 West Ave.

“Class of 1994 rules: Good luck to everyone.”

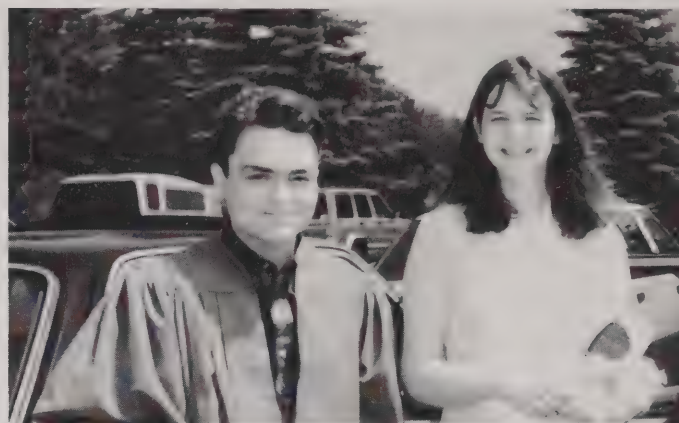
20, 99, 122

Helena Pereira

74 Green St.

20, 81, 126, 131, 134

▼ Alex Casas and Cathy McGaffigan, eager to get on with their lives, quickly depart the parking lot.



Laura Pereira

29 Bruni Ave.

“Treat yourself! All right -- Bye!”

20, 60, 86, 87, 111, 137

Ellen M. Pichey

20 Paulding Rd.

“The important thing is not that every child be taught, but that every child be given the wish to learn.”

— John Lubbock

20, 84, 85, 87, 92, 94, 114

Erica Piesz

41 Colonial Dr.

“The most I can do for my friend is simply to be his friend.”

— Henry David Thoreau

20, 93, 126

Sandy Pinto

76 Hill Terrace

“Love will find its way back to you.”

— Tesla

20, 25, 50, 60, 82, 92, 111, 114, 115, 137

Eric Plasse

503 Miller St.

20

Ryan Podoloski

424 West St.

20, 145

Lisa Poitras

93 Newcrest St.

“Never give up. The person with big dreams is more powerful than the one with all the facts.”

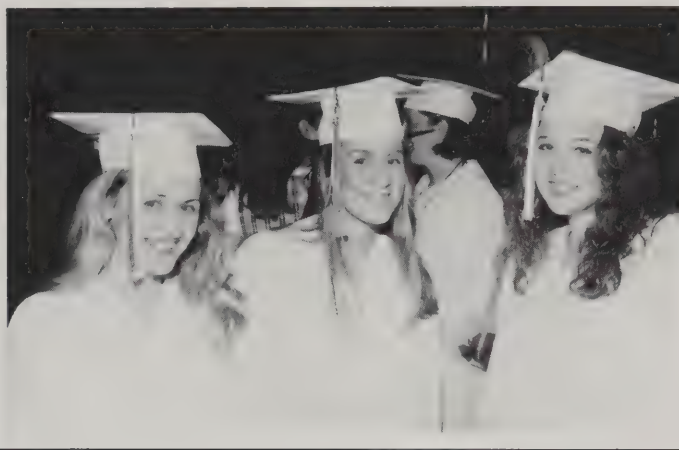
— *Life’s Little Instruction Book*

20, 87, 94, 108, 1110, 114, 115, 126, 144



▲ Anita “Spoon” demonstrates the proper technique for balancing utensils on one’s nose.

▼ Tracy Sepiol, Lisa Poitras, and Kathy Drozdowski celebrate their accomplishments after graduation.



Anita Poon

42 Chapin St.

"The dream of the future is not better than the fact of the past. For without the fact of the past we cannot dream the future."

— Robert Penn Warren

20, 87, 95, 100, 108, 109, 112, 113, 118, 119, 121, 126, 143

Pam Pyzocha

287 Ventura St.

"Life is a song, love is the music."

Catarina Queiroga

18 Highland Ave.

20, 87, 97, 145

Melissa Quinlan

41 Franklin St.

David C. Rauh, jr.

127 Birth St.

"I desire no future that will break the ties of the past."

— George Eliot

21, 85, 114, 115, 123, 128

Dan Rescia

153 West Ave.

"And there was much rejoicing . . . yeah."

— Monty Python

104, 105, 122

Jennifer Ribeiro

180 Holyoke St.

117

Maria Ribeiro

226 Americo St.

21, 25, 95, 110, 111, 114, 115, 117, 144

Kimberly Richard

36 Lakeview Ave.

21, 111

Scott Rinaldi

2 Harlan St.

21

Carolyn Lea Robert

43 James St.

"So Eden sank to grief, So dawn goes down to day. Nothing gold can stay."

— Robert Frost

"Stay gold class of '94, for I know you can find a way." 21, 135

Nelson Rodrigues

116 Cady St.

21, 73, 144

Susan Rodrigues

456 Fuller St.

"Learn to listen. Opportunity sometimes knocks very softly."

87, 99, 109, 113, 114, 119, 121

Keith Michael Roxo

772 Moore St.

"And miles to go before I sleep."

— Robert Frost

54, 82, 110, 122, 135

Amy Roy

76 Meadowlark Cir.

" . . . you may be disappointed if you fail, but you are doomed if you don't try." — Beverly Sills

7, 21, 108, 109, 112, 119, 121, 130, 142, 158

Paul Sagan

46 Coolidge Ave.

21

Lori Salema

135 Elizabeth Dr.



▲ Heather Tereso, John Santos, Maria Ribeiro, and Nelson Rodrigues eat their sherbet at the prom.

"Life's a journey, not a destination."

— Aerosmith

"Live life to the fullest and best of luck to everyone."

21, 87, 111, 114, 156

Raymond Saloio

113 Loopley St.

21, 25, 54, 92, 94, 122, 128, 138

Michael Salvador

77 Aldo Dr.

21

John Santos

48 Ronald St.

21, 58, 144

Shawn Santos

80 Elizabeth Dr.

22

Urszula Sedzikowski

40 Pine Knoll Dr.

22, 78, 87, 92, 94, 109, 111, 114, 115, 122, 129, 134

Tracy Lynn Sepiol

55 Karen Dr.

"Most men see things the way they are and say why. I see things that never were and say, why not."

— Robert Kennedy

22, 86, 87, 92, 95, 110, 111, 114, 118, 119, 128, 144

Pedro Serrazina

19 Hunter Rd.

22, 92, 93, 94, 105, 122

Kare Shields

878 West St.

22



▲ Future carpenter, Ryan Podolski, sands a board for his newest creation.

▼ Chris Dias and Catarina Queiroga complete their delicious dinner at Chez Josef.



Stephanie Skarbek

61 Evergreen Cir.

22, 111

Timothy Sliski

110 Vienna Ave.

22

Matthew Smith

45 Deroche Cir.

22, 108, 128

Todd Soares

181 Stivens Terrace

160

Brian St. Pierre

72 Bruni Ave.

22, 82, 111

Jessica Summerlin

26 Homestead Lane

22, 81, 104, 105, 108

Beth Szemela

136 Swan Ave.

"It's amazing, with the blink of an eye, you finally see the light . . . Life's a journey, not a destination."

— Aerosmith

22, 81

Lee Tatro

66 Ampere Ave.

54, 74, 82, 93

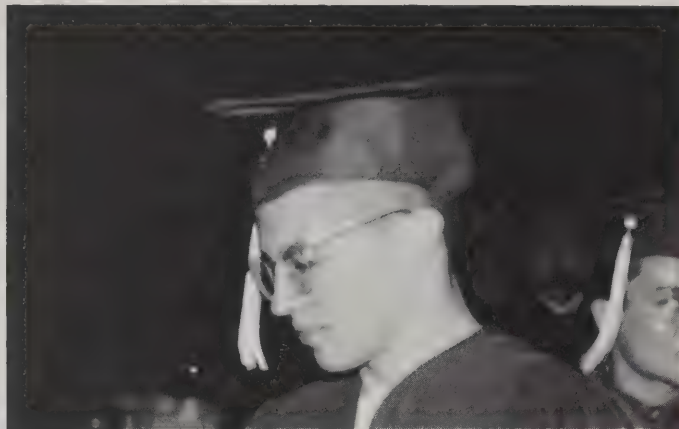
Paula Teixeira

16 Berkshire St.

"Remember yesterday, dream about tomorrow, but live for today."

22, 86, 99, 119, 128, 130, 141

▼ Tim Vitorino receives his letter to give to his parents during Senior Assembly.



Heather Elizabeth Tereso

16 Holy Cross Cir.
"Peace and Happiness to all-forever."
21, 103, 105, 144

David Thibault

25 Fox Hill Rd.
23

Sherry Thomson

300 West Ave.
23, 25, 86, 87, 117

Sharon Tokarz

17 Woodside Rd.
"This is our prime time — Let's make the most of it!"
— Lauren Hutton
10, 23, 65, 81, 86, 94, 108, 111, 114

Nathan Torretti

116 Parkview St.
"Pain is temporary, glory is forever."
23, 70

Andrew Vance

98 Moore St.
54, 115, 128, 138

Rosemary Vermette

896 East St.
111, 130

Timothy Vitorino

25 Helene St.
23, 111, 122

Elizabeth Vivier

27 Brunelle St.
110

Jason Wainwright

110 Bruni Ave.
23, 25

Brian Walz

39 Alvin St.
23, 70, 115, 134

Todd Warzecki

9 Water's Edge Ave.
10, 23, 58

Andrew Widor

153 Higherbrook Dr.
56, 57, 78, 110, 115

Thomas Widor

137 Church St.
Cockiness? "I'm not cocky. I'm just confident to the point of cockiness." — Dick Vitale
23, 25, 78, 86, 95, 109, 111, 114, 123

Daniel Wilkins

174 Sewall St.
23

Eric Wolcheck

66 Fuller St.
23, 95

Rhonda Wrona

98 Oak Knoll Cir.

Erin Yelle

681 Center St.
"If you try, you have nothing to lose, but if you don't, you have nothing to gain."
24, 110, 119



▲ Captain of the student patrol, Tom Widor, demonstrates the usefulness of seniors as obstacles in the main hallway.

**Best Wishes For Success And Happiness
In The Future To The Class of 1994**



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Dr. Sindwani

Darlene Stone-Adair

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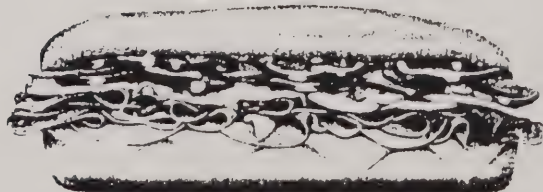
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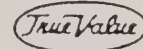
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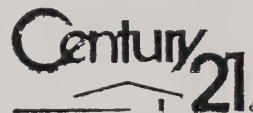


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To our daughter Lori Salema,

We're so proud of you and we love you very much. We wish you a lot of luck in the future. Congratulations to you and the Class of 94.

Love always,
Mom, Dad, Jessica,
and Derek



Cristina,
Congratulations! You've made all of us proud of you. May you have continued success and happiness forever!

Love,
Mom, Dad, and Clara

Congratulations Rinny!
We couldn't be more proud!

All our love,
Mom and Dad



To Kimberly Kedziorek:

Over these past eighteen years we have watched you grow from our dear little girl to a beautiful, special young woman. We are so proud and love you so much.

Love,
Mom and Dad



Michele,

Fish, you may have #23 on your back but you'll always be #1 in our hearts. You have made us laugh through the years. Don't ever change. We love you very much.

Mom, Dad, Brenda, and Flex

Congratulations Bill —

Success will be yours — you have what it takes. We know it! Best wishes from your proud family.

Mom, Dad,
and Dan



Jeff Jablonski,

We are very proud to be your parents. Congratulations and best wishes for your future.

Mom, Dad, and
Dinis

Ellen.

Congratulations, We are very proud of you. Good luck in the future.

All our love,
Mom, Dad, and
Karen

Angelina,
Life is too short to waste. Make the best of it. Remember your parents are always your friends and are always here for you.



Katie

“What lies before you and what lies behind you are tiny matters compared to what lies within you.” — Emerson

We know you’ve got what it takes to catch that star. Go for it!!

Love,
Mom and Kristin



Watch out world! Here comes Heather Hiorns! Congratulations and best wishes.

Love,
Mom and Dad

Sue — Congratulations! May all your hopes and dreams come true. We wish you much happiness in whichever path you decide to take.

Love always,
Dad, Mom, Teresa,
Maria Ferreira





Amy —

May your future bring you
the same joy and satisfaction
that you have blessed us with.

All our love,
Mom, Dad, and Missy

Matt S.,

This door has closed and now you will be opening up new ones. Each one will have its challenges, but with patience, you will pass through. You have set your goals. We are so very proud of you and we love you so much.

Mom and Dad

CONGRATULATIONS!

Sharon and the
Class of 1994!

Love, Mom, Dad,
Karen, and Tad

Courtney,

I am so proud of you. Your perseverance and tolerance will take you beyond your dreams. I love you very much.

Mom

Kendra,

May you have as much joy and happiness in your life as you have given us. God grant you all your dreams and goals and a successful and prosperous life. We love you. You have made us so proud.

Love,
Mom and Dad



Dear Kristen,

Color this day for you have finally graduated. We will color this day joyful for that's what we are. We wish you nothing less than the best that life has to offer you. You have made us what most parents want from their children — PROUD! We have watched you grow into a loving and caring human being. Of all the things we will ever accomplish in this world, you, by far, are our greatest achievement. May God bless you Kristen all the days of your life.

Love,
Dad and Mom



Matt D.,

We knew you would make it. Congratulations. Always keep your great sense of humor and keep smiling. We wish you lots of happiness and success in the future.

Love,
Mom and Dad

Bet you my daughter's been on the
telephone longer than your daughter.



"It's for me, Dad."

Congratulations Katie!

I knew you could do it. You worked hard and did a fine job. I'm proud of you. Good luck
to you and the rest of the class of 1994.

Love you,
Dad

Roses are red,
Violets are blue,
You are so fine,
And we love you!



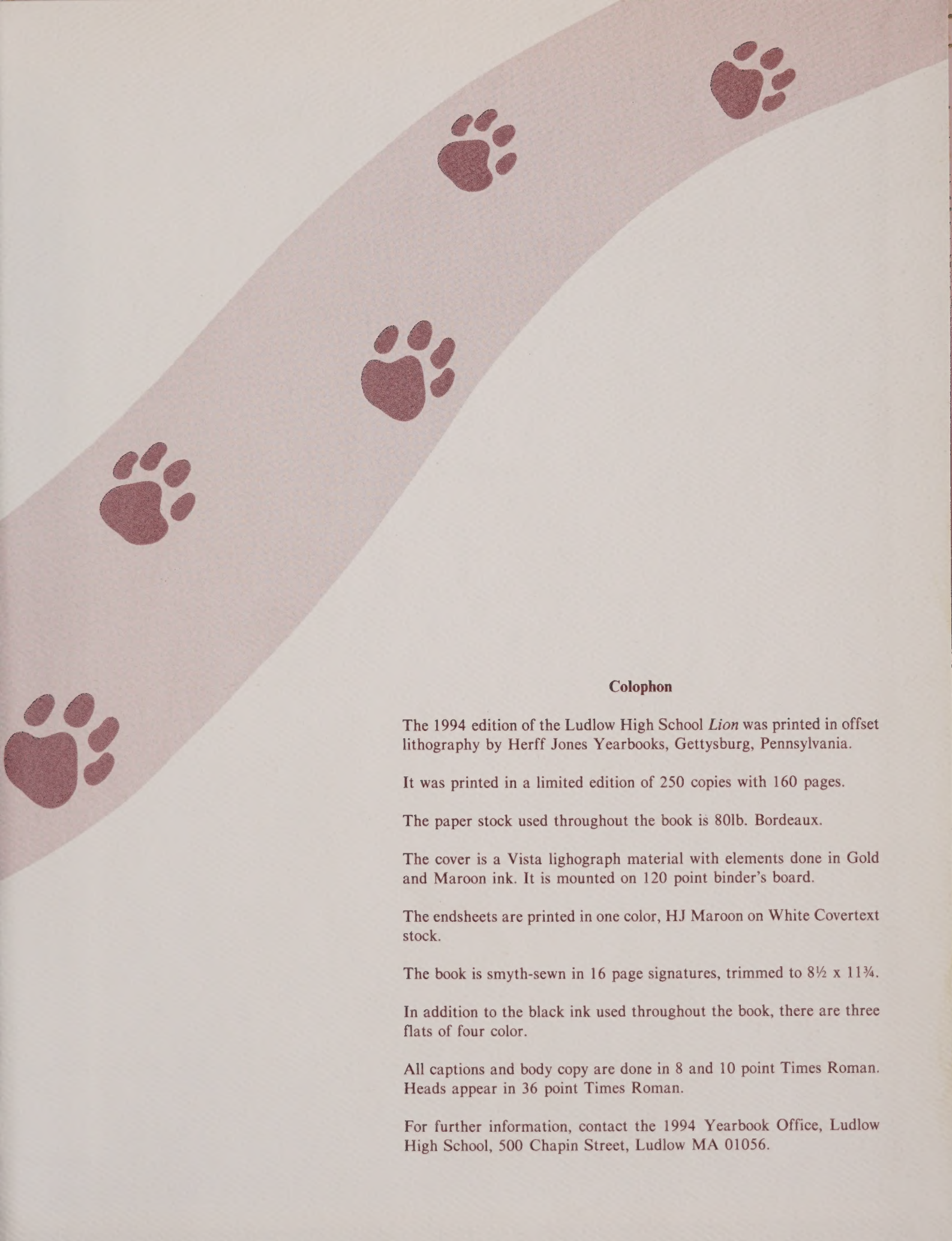
Carolyn Buckley,
Congratulations! We are very proud of you. We
wish you every happiness. Follow your dreams.

Love,
Mom, Dad, David,
and Mark

CONGRATULATIONS CLASS OF 1994!

from the staff of “The Long Road Back”





Colophon

The 1994 edition of the Ludlow High School *Lion* was printed in offset lithography by Herff Jones Yearbooks, Gettysburg, Pennsylvania.

It was printed in a limited edition of 250 copies with 160 pages.

The paper stock used throughout the book is 80lb. Bordeaux.

The cover is a Vista lithograph material with elements done in Gold and Maroon ink. It is mounted on 120 point binder's board.

The endsheets are printed in one color, HJ Maroon on White Covertex stock.

The book is Smyth-sewn in 16 page signatures, trimmed to 8½ x 11¼.

In addition to the black ink used throughout the book, there are three flats of four color.

All captions and body copy are done in 8 and 10 point Times Roman. Heads appear in 36 point Times Roman.

For further information, contact the 1994 Yearbook Office, Ludlow High School, 500 Chapin Street, Ludlow MA 01056.

